

WaxiDoodles

The Incredible NO-MESS Modelling Sticks For Children

For ages 3 to 12

SPECIAL OFFER!
20% OFF

Was ~~£14.99~~

Now £11.99

when you quote Ref: WMN19A

**SPECIAL
OFFER!**



WaxiDoodles are educational, twistable, stickable, pliable, buildable, creatable, re-usable, hands-on modelling sticks that are great fun and mess-free!

Re-Usable and Mess-Free!

WaxiDoodles are coated with a unique wax formula. They stick to each other and almost any surface with just fingertip pressure, making them easy to use for little fingers. The clever part is they leave no mess or permanent marks and the colours don't blend, so they can be used again and again. They're great for building models. It's a hugely creative activity, perfect for ages 3 to 12.

Each set contains 150 re-usable WaxiDoodles in 15 different colours, a durable model board and an activity booklet full of ideas.

WaxiDoodles are a brilliant gift idea!

Box size approx. 30.5cm x 23cm



Each set includes
150 sticks in
15 colours



"My Children will tell you WaxiDoodles are their favourite toy ever. They are played with the whole time... the quality is incredibly high too. I can't recommend them highly enough."

Rachel Zeffert (mother of 4), Childwall

Remember to quote WMN19A to get your SPECIAL OFFER price

the
Happy
Puzzle
Company

Buy Now! Call 0844 848 2823*

quote ref. WMN19A to receive your 20% discount.

or visit www.happypuzzle.co.uk/waxidoodles

Send coupon to: WaxiDoodles Woman's Own Offer
c/o THPC, PO Box 586, Elstree, Herts WD6 3XY

WMN19A

Order Code	Item:	Qty	Was	Now	Total
HPCWXD	1 x 'Waxidoodles' 20% OFF!		~~£14.99~~	£11.99	
HPCWXD	2 x 'Waxidoodles' SAVE £6!		~~£29.98~~	£23.98	
Standard Delivery (approx. 3 to 5 days) Please note that offer code also discounts delivery charge by £1 (regular p and p £4.95)				£3.95	
FREE UK delivery on orders over £50!					
Next Day Delivery - Order before 2pm and receive your order on the next working day (excludes weekends and Bank Holidays)				£8.95	
Grand Total					

Title Initial Surname

Address

Postcode Daytime Telephone Number

I enclose payment for The Happy Puzzle Company ☐ Value £

Please debit my credit / debit card ☐

Card No.

Expiry Date Valid From Date Issue No. 3 Digit Security Code.

Print Name Signature Date

The Happy Puzzle Company would like to permit carefully chosen third party companies to contact you with special offers from time to time. If you don't wish to receive this information, please tick here ☐

* Our 0844 numbers cost 7p per minute plus your phone company's access charge.

Offer ends 11.59pm 31st December 2020!

TRUSTPILOT

**RATED 4.6 OUT OF 5 FROM
OVER 21,000 REVIEWS!**

VISIT...

LANZAROTE
Caliente.COM

SAVE 20% online with **CURVISSA**

UK only.
T&Cs apply



Woman's Own



**Why Meghan and Harry face
PERMANENT EXILE**

The quick and easy switch to **IMPROVE YOUR DIET**

Turn to p26



Shock read

I KNEW I WAS DIFFERENT

40 years to uncover THE TRUTH



Kate Garraway

'DEREK IS VERY, VERY SICK'

GMB star on how she has been told she 'must carry on'



**Brighter, whiter teeth...
AT HOME!**

The money mistakes YOU NEED TO AVOID

Expert advice

FANTASTIC VALUE!
SAVE UP TO £15

All Sizes Now

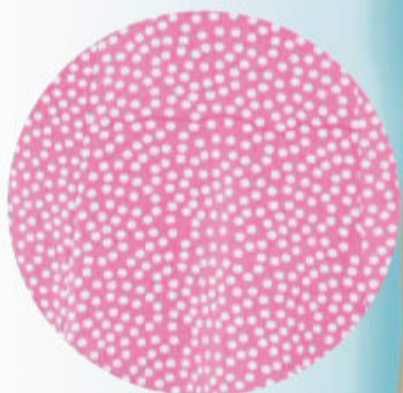
ONLY
£25
+p&p

Sizes 10 to 26

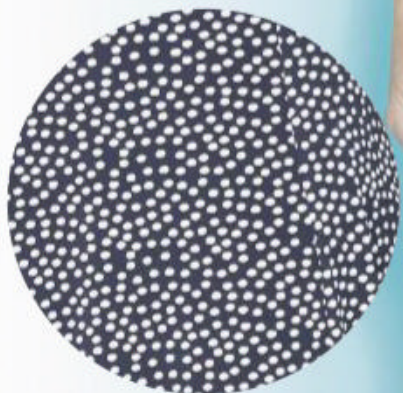
★★★★★

“Beautifully styled
and so easy and
comfortable
to wear”

CHOICE OF 3
COLOURS



PINK



NAVY

Chums offer you
FREE RETURNS and
complete satisfaction if
you want an exchange or
your money back.
Goods usually delivered
within 7 days.

CALL
NOW!

08715
265 265

ORDER ONLINE
www.chums.co.uk/offers

AVAILABLE IN
2 LENGTHS
41" & 46"



CORNFLOWER

VINTAGE STYLING TEA DRESS

This 40's inspired spot print Tea Dress is an absolute delight. Available in two lengths 41" and 46", the figure-flattering style will look great whatever the occasion. The curved front panel has gentle gathers to the shoulders; with the skirt gently draping from the curved waist seam. Short sleeves finish the classic look. Style LS572 – length 41" is available in sizes 10 to 22 and Style LS576 – length 46" is available in sizes 12 to 26, and both styles come in 3 colours – Pink, Cornflower or Navy. Fashioned in 95% Polyester, 5% Elastane. Machine washable.

Order Style LS572 Length 41"

Size	Was	Offer price	YOU SAVE
10, 12, 14	£30	£25	£5
16, 18, 20, 22	£35	£25	£10

Order Style LS576 Length 46"

Size	Was	Offer price	YOU SAVE
12, 14	£35	£25	£10
16, 18, 20, 22, 24, 26	£40	£25	£15

ORDER ONLINE NOW – IT'S FAST, SAFE & EASY!

www.chums.co.uk/offers

And enter media code **32OWN20** PayPal Now accepted

IMPORTANT! YOU MUST ENTER MEDIA CODE ON OUR WEBSITE TO BENEFIT FROM THIS PROMOTIONAL OFFER

Our friendly UK Customer Service Staff are waiting to take your order.

TEL: 08715 265 265

Calls cost 13p per minute from BT Landlines but may vary depending on your phone company or if using a mobile.

Send cheques/POs or

Mastercard/Visa/Maestro cards details to **PayPal**
Chums Ltd., (Dept. 32OWN20),
PO Box 50, Prescot, Merseyside L34 9GX. Now accepted

PERSONAL SHOPPERS WELCOME at our showroom.
Open Mon - Fri 9am - 4pm. M57 Junction 4, off School Lane,
Unity Grove, Knowsley Business Park, Liverpool L34 9AR.

Send completed coupon to: Chums Ltd., (Dept. 32OWN20),
PO Box 50, Prescot, Merseyside L34 9GX

Please send me item(s) indicated (PLEASE USE BLOCK LETTERS)

Order Style	Colour	Size	Qty	Price

Order Style LS572 - Length 41", sizes 10 - 22
Order Style LS576 - Length 46", sizes 12 - 26
Spot Print Tea Dress

Sub Total
UK Mainland P&P

£5.65

TOTAL

I enclose Cheques / POs made payable
to Chums Ltd for £

Please write your address (inc. post code)
on reverse of cheque.

or charge my MasterCard/Visa/Maestro Account No.

Please tick: ☐ MasterCard ☐ Visa ☐ Maestro

Start Date: / / Expiry Date: / /

Card issue no (Maestro cards only)

Name: Mrs/Miss/Ms

Address

Post Code

Tel.

Email

**MEDIA CODE
32OWN20**

Chums

We think you'd enjoy some of the latest products and selected offers by post from other trusted retailers, charities, finance, travel, FMCG and utility companies. If you would prefer not to receive these by post, please tick this box ☐ To learn more about our trusted partners and how we use your data, see our privacy policy at www.chums.co.uk/privacy or ask for a copy when you call us. From time to time Chums would like to send you our latest catalogues, special offers and promotions by post that we think you'd appreciate as a valued customer. If you would prefer not to receive these, please tick this box ☐ Chums Ltd. Co. Reg. No. 1561474

This week we're loving

MEGHAN MARKLE

Prince Harry's wife, Meghan, turns 39 on 4 August and, luckily for her, lockdown is easing so she can celebrate!

Meghan and Harry have been living in comedian Tyler Perry's £15 million mansion in Beverly Hills, LA, with their one-year-old son, Archie.

But, according to the *Daily Mail*, she's apparently keen to 'escape LA' for her birthday and visit Montecito, where her pal Oprah Winfrey lives, as she's feeling 'cooped up'.

Ever the sensible one, Meghan is apparently also requiring all guests to take a fast-tracked COVID-19 test.

Happy birthday, Meghan!

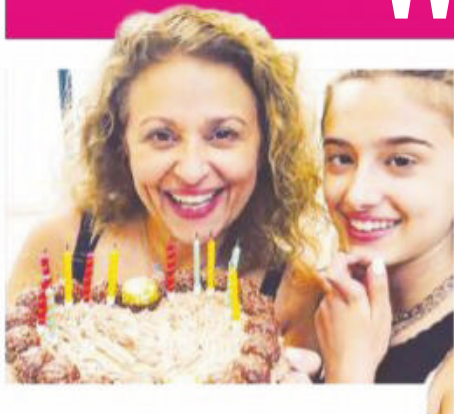
Remember, you can download *Woman's Own* from the App Store or Google Play Store direct to your smartphone or tablet



Meghan plans to celebrate away from LA

Get
six issues of
WOMAN'S OWN
from £1*
Subscribe online at
womansownsubs.co.uk/54AY
**Save up to
52%**

WHAT'S INSIDE THE ISSUE



Celebrity

- 4** Richard Arnold: The showbiz expert has this week's gossip
- 5 ON THE COVER** Celeb news: Why Meghan and Harry face permanent exile
- 6 ON THE COVER** Kate Garraway: 'Derek is very, very sick'
- 9** Seeing double!
- 10** She wore it best: Charlize Theron
- 56** Boyzlife: 'We're happy social media wasn't around in our day'



Features

- 12 ON THE COVER** Shock read: 40 years to uncover the truth
- 18** From the heart: Men like me need to open up about grief
- 30 ON THE COVER** Brighter, whiter teeth... at home!
- 34** You'll never believe it: I lost 12st to be a mum
- 40** Behind the headlines: No more 'rough sex' defence
- 46** Photo fun: Snap catch
- 58** Debate: Would you name your child after a celeb?



Life & Style

- 14** 4 outfits under £50: Florals special
- 22** How to deal with thinning hair
- 25** Good for you!
- 26 ON THE COVER** The quick and easy switch to improve your diet
- 29 ON THE COVER** Save 20% online with Curvissa
- 36** Recipes: Diabetic-friendly
- 44** Travel: Glorious gardens
- 54** Short story: An ordinary couple



Your Favourites

- 17** Our columnist Dawn Neesom has her say
- 21** Ask the doctor
- 24** Agony aunt Anita Naik
- 28** *Woman's Own* Bingo
- 32** Garden: Bright and beautiful
- 39** Supermarket savers
- 42 ON THE COVER** The money mistakes you need to avoid
- 48** This week's TV picks
- 50** This week's hot list and stars
- 51** Ask yourself
- 52** Puzzles

COVER PHOTO: GETTY

Join us online
goodtoknow.co.uk/womansown

Get in touch

womansown@futurenet.com

facebook.com/womansownmagazine

twitter.com/@WomansOwn

Woman's Own, Future plc, 161 Marsh Wall, London E14 9AP



RICHARD ARNOLD'S

week in showbiz

Gaby Roslin

'I appreciate the simple things now'

TV favourite Gaby Roslin reveals why she'll be house swapping this summer!

How's the staycation going?

We've been to see friends in the country and Richmond Park for the first time and I realised, as someone London born and bred, how shocked I was that I've never driven through it. My youngest was so excited about the fact that we saw deer. We are definitely appreciating the simple things.

Our worlds shrank, but our eyes opened to everything...

I remember during lockdown everyone was appreciating the birdsong, the flowers, the sky. As someone who is passionate about wildlife and our planet, I felt the world was able to breathe. But there were many who didn't have that, those who'd lost loved ones, all the people working hard to keep the country going. I am in awe of them.

Did you feel anxious?

The most extraordinary days were pre-lockdown. I'd watch the briefing every day and we took our youngest out of school because one of her friend's Mum's contracted coronavirus. I was listening to the late news, reading medical papers, and it was enveloping my head. I stopped listening to the news after midday and that helped.

So flying any time soon is out of the question?

I've decided we don't need flying. My husband is an environmentalist and feels very strongly that we shouldn't be flying as much anyway. I've got my Dad here, who is in his 80s on his own, and if we got stranded and I couldn't get home, I'm the only one to look after him. We are sticking to adventures around London and swapping houses with friends.

Your Shopping In Your Wardrobe posts on Instagram have been a huge hit!

I got sick of influencers who would pose, you'd click on it and buy the outfit there and then. I found it greedy, so I am all for old clothes, tucking them in, turning a dress into a top and, if you do buy new, make sure it goes with what you've got. If you go shopping in your wardrobe it's cheaper!

● Catch Gaby on BBC Radio London at bbc.co.uk

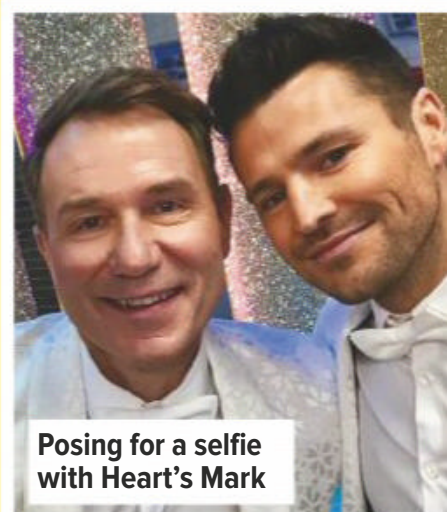


Gaby and husband David Osman

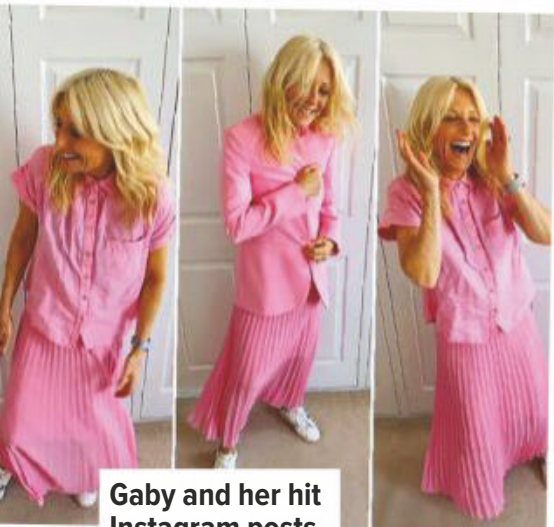
BACKSTAGE GOSS!

WRIGHT ON

Settling into his new evening slot on Heart radio, *Strictly* pal Mark Wright has taken a break from reporting from Tinseltown, but he'd still like to press the flesh with a few more big names: 'Jennifer Aniston, Angelina Jolie, Brad Pitt and Leonardo DiCaprio. They are my dream four that I would love to talk to.'



Posing for a selfie with Heart's Mark



Gaby and her hit Instagram posts

WHEN DICKIE MET... 1D!

No guessing who's the sixth member here! Snapped with the One Direction boys back in 2013 at the peak of their fame, it's now 10 years since they met on *The X Factor* and the bookies are running odds of a reunion this year. The lads are reckoned to be worth over £260 million. Me? Marginally less!



All smiles with the One Direction boys



When Dickie... did the Osmonds

Well, not quite! I've worked with Donny and Jimmy before, but this motley crew was assembled to serenade Fiona Phillips when she left *GMTV*. Ben Shephard, Kate Garraway, Andrew Castle, Penny Smith and John Stapleton – and apparently me dressed as Corrie's Roy Cropper in the middle!

STRANDED AT THE DRIVE-IN!

I reported on my first premiere in four months – taking a turn at the world's first socially distanced drive-in on a green carpet to celebrate the release of feel good snooker thriller *Break*. Michelle Collins turned out to support pals and we all sat in vintage motors. In 25 years of friendship, it's the first time I've pulled up to her bumper!



A unique premiere with Michelle



Can they salvage the new roles they wanted?

MEGHAN AND HARRY ARE NOW 'FACING PERMANENT EXILE'

The Sussexes may never be welcomed back into the Royal Family after relocating to the United States. The couple stepped down as senior members earlier this year, but it was expected that the Queen would help them create a new position in the near future. Now, after the publication of a bombshell new book *Finding Freedom: Harry and Meghan and the Making of a Modern Royal Family*, those plans appear to have been scuppered. A royal source explained, 'It doesn't seem there is any way of going back now.' While another added, 'It's hard to see how they can now salvage the new role they wanted as "hybrid" royals, running commercial careers alongside royal duties from the United States.'

KATE GARRAWAY

'You can't put your life ON HOLD'

As her husband remains seriously unwell, Kate Garraway faces a continuing struggle

Kate Garraway has been warned not to put her life on hold as her husband, Derek Draper, continues to recover from coronavirus.

The TV star's life came crashing down back in March when her husband of 15 years was hospitalised with the deadly virus and subsequently spent weeks in intensive care.

Now, despite news that he has regained consciousness from an induced coma, Kate admits the family is far from out of the woods yet. 'The fight with the virus has been won and he's still here but it has wreaked extraordinary damage on his body and we don't know if he can recover from that,' Kate admits.

But, with their two children – Darcey, 14, and William, 11 – to look after, Kate has been told she must try to continue with her life and return to work, all while never giving up hope on Derek...

NEW NORMAL

While Kate, 53, is naturally 'sick with worry', she's been told she must try to move on with her life while Derek, 52, recovers. 'The doctors have been urging me not to put my life on pause. They've told me that I need to go back to work and create a routine in our lives again,' she explains.

'The children and Derek are all I've thought about and they're the most important people in my life, but I must create structure and normality for the children; to clean the bath, put the plates in the dishwasher and tidy the house.'

BACK TO WORK

Having been welcomed back to ITV after 14 weeks away, Kate says her return to work is about more than just re-establishing a familiar routine for her kids. 'I also need to get back to work so that I can provide for the children and we can do things together, to make them feel that the light hasn't gone out of their lives, that there's hope for the future,' she says.

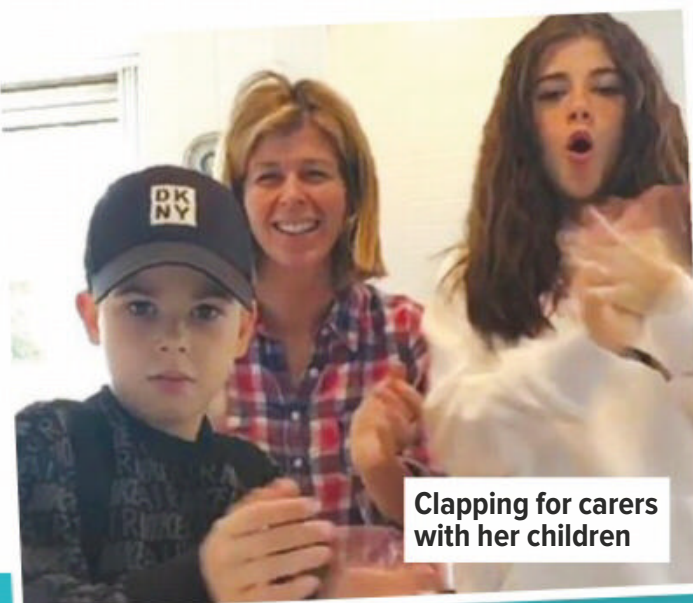
A LONG ROAD

Although Derek has woken up from the coma and is now testing negative for coronavirus, he faces a long road to recovery.

'He is stable and I spoke to the nurses and they said they had put *Good Morning Britain* on and they felt he looked, because his eyes are open, he looked focused.'



With Derek before he became unwell



Clapping for carers with her children



Kate with her GMB colleagues

But, with Kate's hope comes a dose of realism. 'Whatever happens next I'm afraid it is going to be a long road, with an uncertain end that isn't even nearly in sight right now,' she says.

'He is very, very sick. It has affected him from the top of his head to the bottom of his toes.'

TORN APART

The devastating news of Derek's ill health came just months after the couple – who tied the knot in 2005 – announced they'd be renewing their vows.

They say distance makes the heart grow fonder, and Derek fell in love with Kate all over again during her stint on *I'm A Celebrity... Get Me Out Of Here!* last year.

'When Derek came to meet me after I left the jungle, he was planning to propose to me again [with the ring, in front of the TV cameras],' says Kate, 'but he got overwhelmed and burst into tears.'

Now the celebration is on hold. 'We'd planned the wedding for the end of summer, but I don't suppose we'll be booking anything now because we don't really know what we can do,' she admits. 'The wedding is something wonderful to look forward to when this is all over. That's what we're trying to do – think of all the good things.'

Even Kate's colleague, Piers Morgan, gushed over how well-suited the couple are. 'What makes it so especially tragic is that in Derek she found her unlikely soulmate.'

'But the truth is that she and Derek, although by their own admission very different people, are actually perfectly suited and have a wonderfully strong and happy marriage.'

NOT GIVING UP

There's no doubt Kate and her two children are going through a living hell right now, but despite the uncertainty, the one thing they're not giving up on is hope. She vowed, 'Hope – because I know that the amazing people keeping Derek alive, stand shoulder to shoulder with me in NEVER giving up on him and, of course, hope that my wonderful Derek is going to keep fighting this and eventually start to slowly recover.'

Sending all our love, Kate.

The presenter is staying strong and hopeful

IN STOCK
READY TO DESPATCH

Reusable & Washable Protective Face Masks

– keeps on working wash after wash!

'Protection
against bacteria
and viruses!'

**Reusable, Washable
Antimicrobial
Copper-Infused
Face Masks**
(Pack of 3)



**2x
Protective
Layers**



Copper is
antimicrobial,
which means
anti-viral,
anti-bacterial
and anti-fungal

Protection plus – the antimicrobial mask that kills bacteria/viruses on contact.

Attack is the **best defence** and that's what this face mask proves. It doesn't just provide a passive barrier against bacteria, viruses, pollen, pollutants, dust particles etc it takes **positive action**, destroying germs on contact. The secret is **pure copper fibres** infused in the polyester/spandex fabric. New research from the

University of Southampton shows that copper can help prevent the spread of respiratory viruses. And unlike chemical compounds, copper **doesn't degrade** when the mask gets wet it just keeps on **working wash after wash**. Ergonomically designed to fit the face, they're **double-layered**, comfortable, washable and reusable.

Fitted with stretch ear loops (so one size fits all), they're supplied in packs of **three**; in **black, navy and white**.

**FACE COVERS-BE PREPARED!
FROM 24th JULY THEY'RE
MANDATORY ON PUBLIC TRANSPORT
AND WHEN SHOPPING...**

Call Now:
0800
055 7777

Mon-Fri 8am-6pm, Sat-Sun 9am- 5pm

Quote TPE414

Order online at:

www.easylifegroup.com/ TPE414W

Post coupon to:

Easylife (Dept OTP) Euro House,
Cremers Rd, Sittingbourne,
Kent ME10 3US

Quote or enter **OFFER CODE TPE414** when you order. Delivery usually 7-14 days. Customers have 14 days from receipt of goods to approve purchase. If needed simply call us to arrange return of item(s) (undamaged and in original packaging) for a replacement or refund. Calls to 0800 are free (mobile charges may vary). **EasyLife Group Ltd** Registered Office 11 Kings Terrace, London NW1 0JP Registered in England. Company registration no. 05221840 VAT no. 760918415



from **easylife**™

ORDER TODAY!

REUSABLE
PROTECTION
FROM JUST
£4.99



"...Just perfect!
What I needed now!"
Hayley. F Twickenham



SurSol™
**Face Mask
Sanitising
Spray** (75ml)



Designed to **eliminate** and reduce the spread of harmful germs and viruses, SurSol Face Mask Sanitising Spray is a broad spectrum **anti-bacterial and anti-viral** spray that is ideal for sanitising and disinfecting face masks, with **99.99% efficacy** against viruses.

- Just spray to sanitise & disinfect face masks.
- Broad spectrum anti-bacterial and antiviral spray masks
- 99.99% efficacy against viruses including COVID-19
- Easy to use, simply spray a light misting over the front and back of your mask and allow to dry.
- Suitable for use on all types of masks including visors.



**3x Protective
Layers**



**Reusable
Washable
Face Masks**
(Pack of 3)

Your first line of defence against coughs and sneezes in current times.

A face mask makes very good sense and this **reusable** mask is one of the best available. Ergonomically designed to fit the shape of the face, it's made in **3-layers** from clinical-quality polyester with a pure cotton lining. Reusable and fully washable, it features elasticated ear loops for comfortable easy wearing. Supplied in packs of three: in **Navy, Black and White**, they're a sensible way to stay safe and stay protected. **Machine washable.**



Post coupon to: Easylife (Dept OTP) Euro House, Cremers Rd, Sittingbourne, Kent ME10 3US

Please send me:

	Item	Price	Qty	Total
3010	Copper-Infused Reusable Face Masks (Pack of 3) Black	£19.99		
3011	Copper-Infused Reusable Face Masks (Pack of 3) Navy	£19.99		
3012	Copper-Infused Reusable Face Masks (Pack of 3) White	£19.99		
2348	SurSol Face Mask Sanitising Spray	£7.99		
2356	Reusable Face Masks (Pack of 3) Navy	£14.99		
2355	Reusable Face Masks (Pack of 3) Black	£14.99		
2357	Reusable Face Masks (Pack of 3) White	£14.99		
Postage & Packing		£2.99		
Grand Total				

I enclose a cheque payable to

'EasyLife Group/ TPE414' for £

(please write your name and address on the back of the cheque).

Or charge my MasterCard/Visa/American Express card:

Card Number:

Security No. Start Date / / Exp Date / / Issue No.

Name: Mr/Mrs/Miss/Ms

Address:

Postcode:

Tel:

Email:

Signature:



Offer Code: TPE414

We will periodically post to you our standard catalogue and special brochures containing products we think you will be interested in. We may also telephone you offering services like our Motor Club, Supercard, Gardening Club and other leisure services that we very carefully select. We may also email you special offers and promotions. If you would prefer not to hear from us in this way please tick the relevant boxes: Post ☐ Email ☐ Telephone ☐ SMS ☐

Seeing *double!*

These famous offspring are the spitting image of their parents



LILLY-SUE MCFADDEN

Ex-Atomic Kitten Kerry Katona's lookalike, Lilly-Sue, 17, is her daughter from her marriage to Boyzlife singer Brian McFadden.



KATIE KING

Katie, 29, has more in common with her presenter mum Carol Vorderman than just their looks – the pair have beautiful minds, too, both having attained Cambridge degrees!



KIKI-BEE ADDERLEY

Kiki-Bee, 12, is a carbon copy of her *Loose Women* panellist mum Nadia Sawalha. Those dimples!

GENE GALLAGHER

It looks like frowning runs in the family, as Gene, 19, is a dead ringer for his famous dad, former Oasis singer Liam.



DAMIAN HURLEY

Damian, 18, is the doppelgänger of his mum Elizabeth – he's even followed in her modelling footsteps. Amazing genes!



JACK RAMSAY

Jack, 20, has fans doing double takes when he's with his TV chef dad Gordon. Same hair, same face... same wetsuit!



JUNIOR ANDRE

Junior, 15, is a mini-me of his dad, singer and TV personality Peter, who shares him with his mum Katie Price.

SHE WORE

As Charlize Theron turns 45, we



Well-known for dramatic physical transformations in her film roles, the actor also loves to chop and change her hair. Her sleek brunette bob looked stunning paired with a baby-blue sweeping Dior gown at the 2019 Oscars.



Charlize chose a tie-dye Christian Dior skirt for the premiere of *The Addams Family*. Accessorised with a black leather glove, rope belt and monk-strap shoes, she gave this look the spooky edge it deserved.

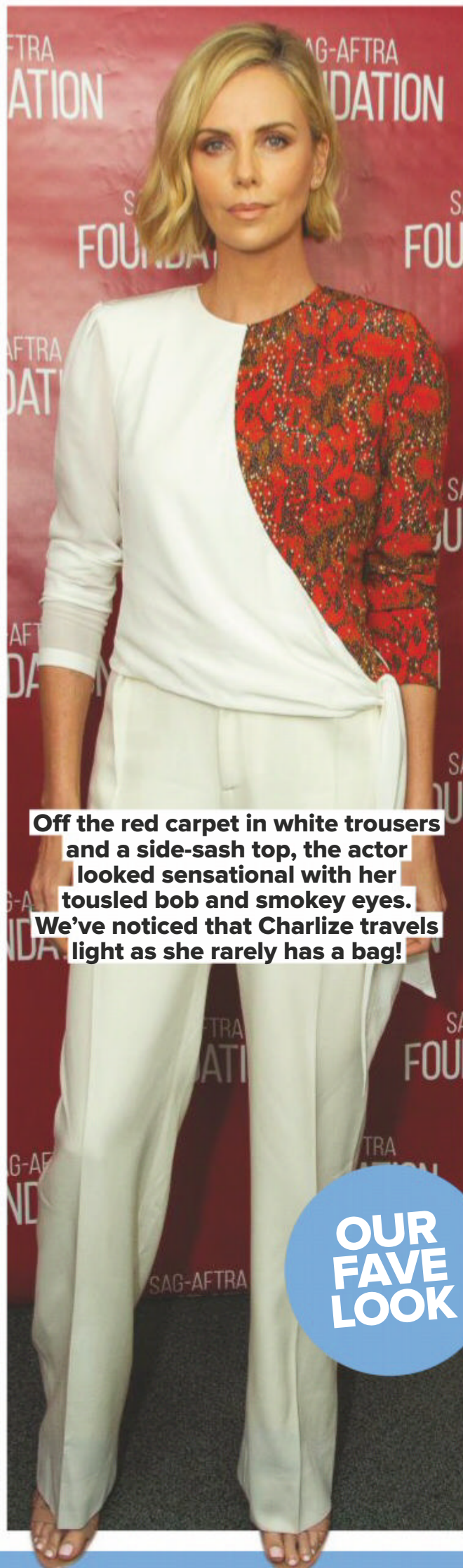


The *Bombshell* actor rarely wears colour, but has a penchant for purple in this lilac Givenchy trouser suit. Worn with a simple black shirt, courts and matching nails, she really lets the colour shine.

IT BEST

pick out her top looks

Ageless
style



Off the red carpet in white trousers and a side-sash top, the actor looked sensational with her tousled bob and smokey eyes. We've noticed that Charlize travels light as she rarely has a bag!

OUR
FAVE
LOOK



Proving she's definitely a Dior muse, Charlize wowed at the 2016 Oscars in a sweeping red gown, with matching diamond plunge necklace. The iconic dress really shows off her incredible long and lean body.



£39.99

Sizes xs-l,
H&M

Wear it
YOUR
WAY



£30

Sizes xs-l,
Pretty Little Thing



£15.99

Sizes 6-18,
New Look

£55

Sizes xs-l,

walklondonshoes.com



Forty years of unanswered questions

Ilana Estelle, 57, always knew she was different, but it took over four decades to discover why

As another mound of work landed on my desk, I took a deep breath and sighed. It was the turn of the 90s and I'd been working in my job as a personal assistant for the past four years. I enjoyed the responsibility, but my working day was consistently plagued by my physical and emotional struggles. It seemed that the smallest of tasks for most proved to be the biggest of feats for me. I had difficulty with my handwriting, I found the days long and tiring, and my attention span was incredibly short. And as I sat at my desk struggling to type with my weaker left hand on my computer, I couldn't help but feel that it was yet another aspect of my life which highlighted I was different.

For as long as I can remember, I knew I wasn't the same as everyone else. I struggled throughout my school years, having difficulty concentrating in class, with learning, and forging friendships with my peers. My strange physical

quirks further exacerbated this perceived disparity. The left side of my body had little muscle tone, my left hand was smaller and weaker than my right, and my left leg was three quarters of an inch shorter than my right. I had to wear a quarter of an inch heel raise on the outside of my shoe, which I hated. I'd continually drag my leg as I manoeuvred around the school corridors and the playground, and walking with a limp as well as having to wear a skirt caused other children to stare.

Living in hope

Growing up in the 70s, speaking about disability was somewhat of a taboo, so at home I never told my parents about how I felt different from the others. Mum would insist I did leg-strengthening exercises with her. 'You can't have a pretty face without a pretty leg,' she said gently. I didn't know what was wrong with me, so I lived in hope my leg would get better and that I'd do better at school. But every day

I walked with the

'The smallest of tasks for most were the biggest of feats for me'

WORDS: FIONA KINLOCH



Ilana wasn't the same as other children



She struggled both physically and mentally



Ilana (second right) didn't discuss her condition with the rest of the family



same awkward gait, had the same poor grades, and the same lonely lunch breaks.

After I finished school, at the age of 16, I earned a place in college to do shorthand and typing, and trained as a personal assistant. But it wasn't long after college before the same struggles I'd faced at school began to manifest themselves in the workplace. Aside from my physical difficulties, my short attention span meant I could only work on one thing at once and at a slower pace than my colleagues. I continued to battle with anxiety and depression, too.

In June 1988, I married Brad, who I'd previously told about my physical difficulties, and in March 1991, our son, Daniel, was born. I left my job and started doing freelance PA work, until our daughter, Claudia, was born three years later, when I stopped to become a full-time mum. I loved being able to spend all my time with the children – yet in spite of these happy times, I continued to struggle with the emotional issues surrounding my physical difficulty.

Thinking back

Over the years, still having no answers for my emotional, physical and mental difficulties, I felt isolated, angry and misunderstood. Then, in October 2006, my mum was diagnosed with terminal lung cancer. Not long after that, she made an unexpected passing comment: 'Yours was a difficult birth,' she said.

She died in May 2007, and it wasn't until two years later, and still with so many unanswered questions, that I reflected on that moment and realised Mum had been trying to tell me something. Something that would explain my physical difficulties.

In March 2009, I went to see my doctor. He referred me on to a neurologist, who, after an MRI scan, confirmed at long last what was wrong. 'You have cerebral palsy, Ilana,' he said. 'It's a life-long brain condition that affects movement and co-ordination and is usually caused before, during, or shortly after birth.'

I shot the doctor a puzzled look. Though I'd heard of the condition, never did I think it was the culprit behind the physical problems I'd been battling my entire life. But as I continued to sit and listen to my diagnosis, a sense of relief came over me that, for the first time in over four decades, I had an answer. My

life-long struggles started to make sense: walking 'toe heel', having little muscle tone, a shorter leg, a foot drop and having difficulty with my handwriting were all part of my disability.

Negative to positive

Some people might have assumed I'd be angry that my parents never told me about my condition or sought professional support to help with my mental and emotional difficulties, but I can honestly say I'm not. I understand why it was kept a secret for all these years.

Determined to turn something negative into a positive, in May 2010, I started my online blog, The CP Diary. It was a place where I could write about my

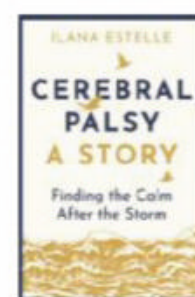
experiences, not knowing about my disability and how that had affected me. Writing has been incredibly cathartic and has helped me better understand myself and my condition, and I have received many positive comments. In

June 2016, I began to pen a book about my disability to try to learn about my symptoms and better understand my experiences, in the hope I'd come to understand my disability for the first time and so that my words would offer guidance and hope to others, too.

Finally, in 2019, at the age of 56, another piece of the jigsaw fell into place when I was diagnosed with autism. It explained why I continually struggled to learn at school, and why I have battled with anxiety, depression and my emotions all my life.

Though I can't change the hand I've been dealt, I refuse to be negative about it, and in some ways my disabilities act as a silver lining. I know that, without them, I would never have become an author, writer or blogger. I continue to do leg exercises every day to strengthen my muscles and help with my physical difficulties, while my blog offers me mental and emotional support. I may have had hidden disabilities for over four decades, but through my writing and offering support to others, I am making sure no one will ever have their questions unanswered for as long as I did.

'Mum had been trying to tell me'



● **Cerebral Palsy: A Story: Finding the Calm After the Storm** by Ilana Estelle (£9.99, RedDoor Press) is available in selected high-street retailers and at [amazon.co.uk](https://www.amazon.co.uk)

4 outfits under



The dress

It's no wonder celebrities such as Holly Willoughby wear tea dresses so often. They suit everyone – can flatter a large bust or create curves for an athletic-shaped body. We call it a wonder dress!

TOP TIP Florals are one of the easiest prints to clash – large and small prints look good as long as the colours work together tonally.



Earrings, £9.50, M&S; dress, £20, sizes 8-22, Peacocks; bag, £4, George at Asda; shoes, £12, studio.co.uk

OUTFIT
TOTAL COST:
£45.50



The jumpsuit

The perfect blend of smart-casual, the all-in-one will never date – so you'll be wearing it for years to come. Off-the-shoulder styles with wide flowing legs are great for disguising a large lower half, plus puff sleeves give good arm coverage.



Jumpsuit, £27.99, sizes 6-32, New Look; earrings, £5, Accessorize; bag, £9.99, H&M; shoes, £3, Matalan

OUTFIT
TOTAL COST:
£45.98

£50

Because budgeting is hard, we make your clothes shopping easy



TOP TIP Dress this top up for balmy summer evenings with wide palazzo pants, heels and statement earrings.



The top

Square-neck tops are having a moment this summer and this sunny, tropical style is perfect for giving casual denim a boost. The wide neckline will help elongate your neck and balance narrow shoulders. Cleverly placed ruching is also great for disguising tummies.



Top, £19.99, sizes 6-22, Dorothy Perkins; **jeans**, £15, sizes xxs-xxl, Primark; **sunglasses**, £4, Matalan; **shoes**, £8.99, New Look

OUTFIT TOTAL COST: £47.98



Florals special



TOP TIP Ecru or off-white denim is an instant way to smarten up and modernise your wardrobe.

The skirt

Every wardrobe needs a floral midi skirt and this one's a steal at just a tenner. Wear now with summer pastels and through to autumn with chunky boots and a knit. Ditsy prints are perfect for larger sizes as they decrease volume, making your surface area appear smaller.



T-shirt, £2, sizes xs-xl, Primark; **jacket**, £22, sizes 8-24, Tu Clothing; **skirt**, £10, sizes 6-22, F&F Clothing; **shoes**, £8, Matalan

OUTFIT TOTAL COST: £42

Blooming Brilliant 'Boulevard' Clematis

Compact Flower Towers Lasting 6 Months Every Year
BUY 2 GET 1 FREE... SAVE £9.99 Whilst Stocks Last!



Peter McDermott,
Head Gardener & Plant Expert.



Compact 'Boulevard' Clematis produce a torrent of bright, star-shaped blooms for 6 months every year! Expertly bred for their compact habit and precocious flowering nature, you'll get massive colour impact from limited space. Perfect for small spaces in pots or containers, they will enliven any terraced garden, patio, balcony or conservatory throughout summer. Supplied in 3 spectacular colours, as 10.5cm specimens.

- **Boulevard PATIO Clematis** – THE perfect varieties for pots
- Supplied nursery fresh – just about to burst in to colour!
- For 6 months of flower – each year
- Bred by Chelsea Flower Show Gold Medal Winner Raymond Evison



**SAVE
£9.99**
WHEN YOU
BUY 3 FOR 2

**I'M IN THE
3 FOR 2 OFFER**

Samaritan Jo
ITEM - 550169

**I'M IN THE
3 FOR 2 OFFER**

Confetti
ITEM - 550165

**I'M IN THE
3 FOR 2 OFFER**

Olympia
ITEM - 550167

"Smothered in blooms throughout summer...
The perfect varieties for patio containers!"



**ORDER TODAY TO AVOID
DISAPPOINTMENT!**



**3 EASY WAYS
TO ORDER NOW!**

0844 502 0050
Calls cost 5p per min plus your network's access charge.

USE CODE
WO172



www.YouGarden.com/WO172



or by post using coupon below to: Offer WO172 YouGarden, PO Box 637, Wetherby Road, York YO26 0DQ

IMPORTANT – DUE TO VERY HIGH DEMAND PLEASE ALLOW UP TO 14 DAYS FOR DELIVERY

HALF PRICE BONUS OFFER

Vitax Clematis Feed - 900g

More flowers, brighter blooms and strong, healthy growth. Rich in natural nutrients for prolific flowering and vigorous growth. Extended release – keeps on feeding. Great for other climbers such as honeysuckle. Supplied in a resealable, 900g pack.



ITEM CODE - 100076

900G NOW ONLY £6.99

Offer available while stocks last. © YouGarden 2020

PLEASE SEND TO: Offer WO172, YouGarden, PO Box 637,
Wetherby Road, York YO26 0DQ

YOUR ORDER DETAILS

Item	Description	Price	Qty	Subtotal
	BUY ANY 3 – SAVE £9.99! Make your choices below	£19.98		
550166	Nubia Established Plant in a 10.5cm Pot	£9.99		
550169	Samaritan Jo Established Plant in a 10.5cm Pot	£9.99		
550165	Confetti Established Plant in a 10.5cm Pot	£9.99		
550167	Olympia Jo Established Plant in a 10.5cm Pot	£9.99		
100076	Vitax Clematis Feed 900g	£6.99		
JOIN THE YOUTGARDEN CLUB - Get £20.00 FREE vouchers & SAVE 10% on EVERY ITEM you order!				
820005	Renewal Subscription Membership* : SAVE £15.00!	£5.00		
820001	1 Year Membership : Was £20.00 SAVE £10.00!	£10.00		

DON'T FORGET: Deduct 10% (10p in every £1) if you joined the YouGarden Club:

Offer subject to availability and in the event that this offer is oversubscribed, we reserve the right to send suitable substitutes. Delivery to UK only and a £6.00 surcharge will apply to the following postcode areas: AB, BT, DD8-11, GY, HS, IM, IV, JE, KA27-28, KW, PA20-80, PH19-50, TR21-25 & ZE. See website for full terms & conditions.

Add PP&I

£6.99

**TOTAL
ORDER
VALUE**

YOUR PAYMENT DETAILS I enclose a cheque/Postal Order payable to
YouGarden (name & address on back) for £

Or charge my Visa / Mastercard / Maestro card:

Card No.												
Start Date					Exp Date					Issue No.		

DELIVERY DETAILS

Mr/Mrs/Ms/Miss Initial Surname
Address
Postcode

Email
Tel

My DOUBLE GUARANTEE to you!

1 If you're not totally happy with your order, return it within 30 days and we'll replace or refund in full.

2 Should any hardy plants fail to thrive thereafter, we'll replace free of charge. You just pay the P&P.

Peter McDermott,
Head Gardener



If you do not wish to receive catalogues & offers from us, please tick here ☐ We think you'd enjoy some of the latest products and selected offers by post from other trusted retailers, charities, finance, travel, FMCG and utility companies. If you do not wish to receive these, please tick here ☐ Full details at YouGarden.com/Privacy.
© YouGarden 2020.

AD CODE **WO172**





Dawn Neesom

MIND OF MY OWN

The *Woman's Own's* columnist has her say

An age-old question!

Exactly when can we trust teenagers to make their own decisions?

At what age do you know your own mind? The age of criminal responsibility in the UK is 10, you need to be 18 to fight for your country and get a tattoo, yet you can get married at 16.

There's very little joined-up thinking about being able to give your consent across the world – in some countries you are deemed mature enough at 11 while others insist on 20.

The debate has become a hot potato again thanks to two European teenagers. On one side we have British Jihadi bride Shamima Begum and on the other, Swedish schoolgirl Greta Thunberg.

Shamima was just shy of her 16th birthday when she fled her east-London home to join ISIS in Syria. She married a Dutch fighter and gave birth to three babies, who subsequently died.

Eco-warrior Greta was the same age when she



Shamima Begum



Greta Thunberg

started her climate change crusade, calling out global leaders for, literally, killing the planet and stealing her future.

Here we have young women with two strongly held beliefs.

Those who defend Shamima – currently challenging the UK Government for stripping her of her British citizenship – claim she was too young to know her own mind when she joined ISIS.

That she was groomed and didn't know what she was doing. While Greta is often hailed as the oracle on environmental issues who we all need to listen to.

Regardless of your politics, you have to admit this is a conundrum and a half.

Shamima appears incredibly mature for her age, while pigtailed Greta comes across as even younger than she is. Then there's the movement in this country to give all 16-year-olds the vote.

We can't have it both ways, surely?

'We can't have it both ways'

You are either old enough to be taken seriously in your mid-teens or you aren't? How do you compare with your 15-year-old self? Personally I feel I'm roughly the same person with the same moral code and knew from around 11 years old that I wanted to be a journalist.

So it's a tricky one with no easy answers. But please note I'm writing this specifically regarding the female of the species. Because when it comes to men, well, do they ever actually grow up at all?

Juiced-up

With the holiday season in full swing, loads of people are opting for the mocktail. Basically a cocktail with one vital ingredient missing, yep, fun. Totally get that you don't want to drink booze but alcohol-free drinks look, and taste, like slush puppies on steroids. Just have a bloomin' ice lolly instead.



Smashing plates

It had to come, didn't it? After a mad year of getting angry at everything from statues to teabags, it's now Ikea's turn.

Boris Johnson has vowed to swap all the Swedish company's crockery from Chequers and replace it with a UK brand.

All very laudable but he really needs to make buying British much easier. Because even things you assume are Brit – Rolls Royce, Cadbury, Mini – aren't anymore.

What's your opinion? Tell Dawn on Twitter @DawnNeesom

'Men like me need to open up about grief'

When Biff Pearce's wife died suddenly, he didn't know where to turn for help

Men are often expected to be strong and keep it together in a crisis. It's something I had a lot of practice in during my 27 years in the Navy. But, in April 2018, as I sat next to my wife, Sarah, as she lay in a hospital bed and doctors told us her lung cancer had spread plus there was nothing more they could do, it took everything I had not to fall apart.

Sarah, then 48, remained amazingly calm as she digested the news. She was so brave in front of the kids. As their stepdad, I wanted to stay strong for them, too. We held hands and hugged, but a little while later, I excused myself, walked into a nearby empty room and, once alone, my whole body started to shake with sobs as I thought of losing the woman I loved.

Sarah and I had met in April 2009 at the consultancy company in Portsmouth where we both worked as lecturers. I'd recently left the Navy and divorced from the mother of my four grown-up sons, and I wasn't actually looking for

a relationship. But I'd noticed Sarah immediately – she was confident and smiley, and I found an excuse each day to pop by her desk for a chat.

'Shall we go out for a drink, then?' she asked me a couple of months later.

'At around 3am, there was a bang on the door'

I'd been too nervous to ask, so I loved that she was so forthright. After that, things moved fast – and, within a month, I'd said 'I love you'.

In January 2010, I moved into Sarah's house with her two teenage daughters. Soon, her kids were calling me 'Dad' and I loved them both like my own.

We were married at a small church service in October 2016, and life seemed perfect. I loved my job, but looked forward to the weekends when we'd go for long walks with our two dogs or pop to the pub for a drink.

Only, in early 2018, Sarah



Biff loved his life with Sarah

started feeling tired all the time. A doctor said she was lacking iron and needed vitamin B injections but, a few weeks later, in April 2018, she was so exhausted that she spent three days in bed. I took her back to the GP, who sent her for some blood tests.

Very early the following morning, at around 3am, there was a bang on our front door. I opened it to find the doctor standing there.

Shocking news

'I'm sorry,' he said, taking in my shocked face. 'Sarah's results have come in. She needs to go to hospital immediately.'

He explained that the lab had called the doctor's and, as he lived nearby, he'd offered to come over in case we didn't answer the phone.

Without asking any more questions, I woke Sarah up, helped her to the car, and drove to Queen Alexandra Hospital, Portsmouth. We drove in silence, both completely bewildered with shock.

I waited as doctors took Sarah for



The couple were so happy





more tests; we still hadn't been told what was wrong. When the sun was breaking the next day, a consultant came to see us.

'There's a dark shadow on Sarah's lung,' he said solemnly. 'It's cancer.'

I sat there, silent, unable to digest the news. Sarah had been a smoker years previously, but she'd worked hard to quit, and a diagnosis of cancer had never even entered my mind.

While I was trying to stay calm, Sarah found her voice.

'How bad?' she asked quietly.

But the doctor couldn't say, as more tests were needed.

Sarah called the kids, who were understandably distraught, and hours passed in a blur while doctors took blood from Sarah's arms and she was taken off for scan after scan.

Two days later, still in hospital, we were told Sarah's cancer had spread to her bones and liver. There was no treatment and they couldn't tell us how long she had left.

'We'll get through this,' Sarah said,

trying her hardest to comfort us all.

She shed some tears, of course, but I've never known anyone so brave. I was in awe of her and tried to stay strong, too, only letting myself cry when I was alone.

For the next few days, I sat at Sarah's bedside while doctors administered pain medication.

After a week, we arranged for Sarah to be seen by nurses at home. By this point, she was too weak to get up the stairs and I had to help her wash and dress – but, at home, with our two dogs and surrounded by family, she felt more relaxed.

'You know, I'd want you to find happiness again,' she told me gently one evening.

It was too much to take in and I couldn't look at her. It was all happening so fast, I couldn't accept that she could be dying. We were supposed to grow old together.

As the days went by, Sarah's pain increased and I struggled to take care

of her at home, so we arranged for a bed at Rowans Hospice in Portsmouth. Once there, Sarah was given stronger painkillers, but she grew weaker.

On 9 April 2018, we discussed her funeral and what hymns she wanted to be sung, and that she wanted to be cremated. I listened, still unable to comprehend that she thought she was about to die.

The next morning, nurses called to say that Sarah had become agitated. I was told the cancer had spread to her brain and she needed to be sedated. We needed to say goodbye while she was still conscious.

The whole family rushed to the hospice and, although she was very confused, as we told Sarah we loved her, she murmured it back.

Facing the future

Two days later, I held Sarah's hand as she took her last breath. She died just three weeks after she'd been diagnosed with cancer.

She'd been in so much pain that I hadn't been able to cuddle her, so that night, I stayed with her and held her.

Hundreds of people came to say goodbye at Sarah's funeral 11 days later. I don't remember much of it as I was clouded by pain. Afterwards, I was unsure where to turn.

A nurse at Rowans Hospice suggested I try their free grief-counselling service. I wasn't sure what to expect, but I did find it a relief to be able to open up to a complete stranger about the hurt, loss and, sometimes, anger I was feeling.

Over the next 18 months, I went to counselling twice a month. That, along with seeing Sarah's family, has kept me going and, although it's taken a long time, I'm starting to feel happiness again.

Now, aged 57, I'm able to plan for the future, not just take things day to day, and I know that's what Sarah would want.

I can laugh without feeling guilty, or plan holidays to places we never went together, and not feel like

I'm leaving her behind.

I wouldn't have reached this place without the help of counselling, and I think everyone – including men like me – should be encouraged to seek help. Asking for it is a sign of true strength, and I know Sarah would be proud of how far I've come.

● To donate to Rowans Hospice, visit rowanshospice.co.uk

'Everyone should be encouraged to seek help'

**FLAMINGO WILLOW
STANDARD TREE**

**JUST
£12.49**

EACH

**WHEN YOU BUY 2
FOR JUST £24.98**

SAVE £15.00!

**“Flamingo Willow - The Perfect Tree!
Fabulous Spring & Summer Colour,
Winter Hardy & Totally Fuss Free!”**

This stunning ‘Standard’ lollipop tree explodes with pink-blushed, white and green foliage in spring!

Commonly called "Flamingo Willow" for its showy pink-blushed leaves *Salix* 'Hakuro-nishiki' is a striking compact tree that will delight in any garden setting adding height to a border in patio pots or either side of a gateway!

Your tree will arrive at around 80cm tall skilfully grown into a neat lollipop shape. It will erupt into colour every spring with rich green cream-white and delicate blush-pink foliage lasting through to early winter.

Totally hardy and very easy to grow this low-maintenance beauty will thrive in any garden setting and will reach just 1.5m (5ft) in total. Just a simple annual prune will keep it looking marvellous – it really is the perfect tree for any garden!

- Fabulous colouring – pink, white and green!
- Glorious displays from early spring through to winter!
- Totally winter hardy and fuss-free!
- Perfect for adding height to a border or patio!
- Buy one for £14.99, saving £5.00 – or two for just £24.98, saving £15.00!

**SAVE
£15
TODAY!**

Flamingo Willow Standard

80cm Tall Standard Tree in a 3L Pot
JUST £14.99 • SAVE £5.00!
2 FOR £24.98 • SAVE £15.00!

**An explosion
of colour
every spring!**

**Platinum
Trusted
Service
Award**
★★★★★
2020 feefo.co



TOTALLY
WINTER
HARDY

3 EASY WAYS TO ORDER NOW!



0844 502 0050
Calls cost 5p per min plus your network's access charge.

USE CODE
WO174



www.YouGarden.com/WO174



or by post using coupon below to: Offer WO174 YouGarden, PO Box 637, Wetherby Road, York YO26 0DQ

EXTRA BONUS OFFER

'Medley' Round Planter Black Bronze

Add a touch of class to your patio with this stylish planter. The 'Medley' bronze effect planter is ideal for finishing off displays, from colourful summer bedding and patio plants, to bulbs and even house plants. A fabulous and classic looking, long lasting, sturdy plastic pot, its also perfect for larger single specimens like palms.

37cm (14.5in) diameter.

Item Code 130126

JUST £8.99



Offer available while stocks last. © YouGarden Ltd 2020

PLEASE SEND TO: **Offer WO174, YouGarden, PO Box 637, Wetherby Road, York**
YOUR ORDER DETAILS **YO26 0DQ**

YOUR ORDER DETAILS

Item	Description	Price	Qty	Subtotal
510192	Flamingo Willow Standard (Salix integra 'Hakuro-nishiki') 80cm Tall Standard Tree in a 3L Pot SAVE £5.00	£14.99		
	Buy 2 for £24.98 SAVE £15.00!	£24.98		
These special offers go perfectly with your Potentilla & Flamingo Willow Trees				
130126	'Medley' Round Planter (14.5in) Black Bronze	£8.99		
130126	BUY 2 FOR £12.98 SAVE £5.00!	£12.98		
JOIN THE YOUNGARDEN CLUB - Get £20.00 FREE vouchers & SAVE 10% on EVERY ITEM you order!				
820005	Renewal Subscription Membership*: SAVE £15.00!	£5.00		
820001	1 Year Membership: SAVE £10.00!	£10.00		

DON'T FORGET: Deduct 10% (10p in every £1) if you joined the YouGarden Club:

*We'll automatically renew your membership every year, so you can keep saving - AND the price will NEVER go up... GUARANTEED! Full details at YouGarden.com/Club. Offer subject to availability and in the event that this offer is over-subscribed, we reserve the right to send suitable substitutes. Delivery to UK only and a £6.00 surcharge will apply to the following postcode areas: AB, BT, DD8-11, GY, HS, IM, IV, JE, KA27-28, KW, PA20-80, PH19-50, TR21-25 & ZE. See website for full terms & conditions.

Add PP&I	£6.99
TOTAL ORDER VALUE	

YOUR PAYMENT DETAILS I enclose a cheque/Postal Order payable to YouGarden (name & address on back) for £

Or charge my Visa / Mastercard / Maestro card:

[illegible]

Start Date Exp Date

DELIVERY DETAILS

Mr/Mrs/Ms/Miss Initial Surname

M1/M15/M15/M155		Initial	Surname
Address		Postcode	

Postcode _____
Email _____
Tel. _____

Tel _____

My DOUBLE GUARANTEE to you!
1 If you're not totally happy with your order, **return it** within 30 days and we'll replace or refund in full.

2 Should any hardy plants fail to thrive thereafter, we'll replace free of charge. You just pay the P&P.

Peter McDermott,
Head Gardener

If you do not wish to receive catalogues & offers from us, please tick here [].
We think you'd enjoy some of the latest products and selected offers by post from other trusted retailers, charities, finance, travel, FMCG and utility companies. If you do not wish to receive these, please tick here [].
Full details at [YouGarden.com/Privacy](#).
© YouGarden 2020.

AD CODE WO174





Dawn Harper

ASK THE DOCTOR

Doctor Dawn Harper answers all your medical questions...

Diverticulitis can be painful



Avoiding another case of diverticulitis

Q I was in such severe pain in my stomach last week that my husband ended up taking me to Accident and Emergency and I was admitted for tests. They eventually discharged me with a diagnosis of diverticulitis. From what I understand the diverticula are still there, so how do I prevent another flare?

A Diverticula are small bulges in the bowel wall that can become

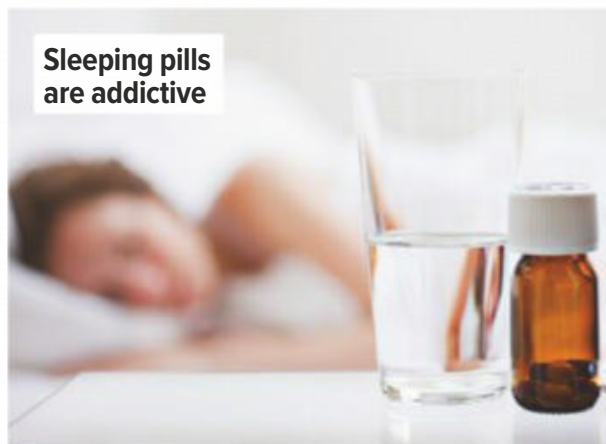
inflamed, causing diverticulitis. You can reduce your risk of recurrent attacks by increasing the amount of fibre in your diet. You should aim to eat 30g of fibre a day. Good sources include fresh and dried fruits, vegetables, beans, pulses, nuts, cereals and starchy foods. If you can't get enough fibre from your diet, talk to your pharmacist about fibre supplements.

Could I be addicted to sleeping tablets?

Q My partner announced, without warning, that he was moving out around three weeks ago and has refused to discuss things with me any further. I was utterly distraught and spoke to a locum GP who prescribed me some sleeping pills, which really helped. I asked my usual GP today for more, but he said they are addictive and wouldn't prescribe them. How else can I get some more? I feel I am back to square one.

A Your GP is right. In fact, sleeping pills are only licensed for short-term use because of the potential for addiction. It may be that some counselling will help. Check out the how to get to sleep guide on [nhs.uk/live-well](https://www.nhs.uk/live-well).

Sleeping pills are addictive



Contact Dr Dawn

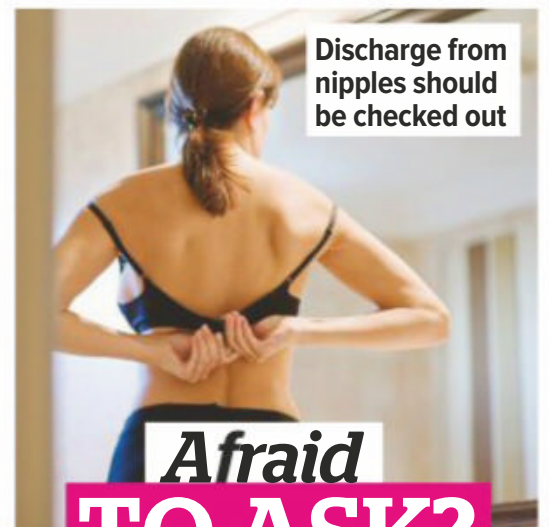
Send your questions to drdawn@futurenet.com, follow her on Twitter @DrDawnHarper, or go to [drdawn.com](https://www.drdawn.com)

How can I curb my alcohol intake?

Q I have always enjoyed a drink but have been quite disciplined about not drinking during the week. During lockdown, that went out of the window. I didn't worry about it at the time, but I am still drinking every day, which is starting to cause arguments in the family. I adore my family, but somehow even knowing I am upsetting them isn't enough to stop me. Please help.

A Recognising and accepting that you have a problem is the first step. Your family are clearly aware, so talk to them and ask them to help. It's important that they encourage and support you through this. Your GP will tell you about support services to help you get back in control.

Discharge from nipples should be checked out



Afraid TO ASK?

My breasts are leaking

Q I noticed some brown staining on the inside of my bra last week. I can't feel any lumps and I had a normal mammogram last year, so I'm not too worried, but my daughter, who is a nurse, is nagging me to see my GP. I don't want to bother her unnecessarily. What do you think?

A I'm afraid I agree with your daughter, a discharge from one nipple should always be checked out. A normal mammogram is reassuring but your doctor will want to see you and may arrange further tests to look into this.

How to deal with thinning hair

These simple lifestyle changes can help you avoid hair loss

It's an issue that can greatly undermine confidence and can affect women of any age. However for many, rate of hair loss can increase at around 40 years, says Stephen Garfit, consultant trichologist at The Leeds Trichology Clinic. 'This is usually seen in a loss of hair density, reduction of ponytail volume or widening of the parting.' But don't despair, while hair loss can be genetic, which requires specialist help, there are factors – from stress, shock to styling – that are treatable. Here's what could be causing your loss and what can help...

It's... stress

'Even a short-term stressful experience may lead to temporary hair loss,' says dermatologist and hair loss expert Dr Anastasia Therianou. It can then be a vicious cycle as you start to stress about your hair falling out. 'If you're losing a large amount of hair, it can be very distressing,' adds Dr Therianou. **FIX IT** Removing the cause of stress is the first step, but meditation, yoga and mindfulness can help. Even going for a walk can make you relax.



Try yoga to help you relax

Did you know?

Exposing your scalp to the sun can increase hair loss.

It's... illness

'Like stress, illness can affect the hair growth cycle,' says Stephen. 'It can occur if you've had a high fever of over 34.9C (103F), an infection, tooth abscess, operation or blood loss.' Plus, some drugs can also cause hair loss. 'These include antivirals, antidepressants and betablockers,' says Dr Therianou.

FIX IT According to Harvard Health, this hair loss starts two to four months after the trigger event, and lasts around six months, so keeping a diary of when you are unwell can help. If you suspect it's your medication, see your GP or pharmacist.

It's... your hormones

'Women who have heavy periods can experience chronic anaemia, which can, in turn, cause hair loss,' explains Dr Therianou. Fluctuations are more common around the perimenopause.

FIX IT Visit your GP for a blood test to see if you need to increase your iron intake.

It's... your diet

'In a trichology clinic, diet is key when advising patients,' says Dr Therianou. 'Following a strict diet or crash dieting can be linked to hair loss, as can an iron deficiency.'

FIX IT Your GP will be able to tell you if you have an iron deficiency. 'A good diet, such as the Mediterranean diet, involves a balance of carbs, proteins and vitamins,' says Dr Therianou. 'You need iron-rich foods such as red meat, kale or broccoli.'



Meet our experts...



Dr Anastasia Therianou (drtherianou.com) is a dermatologist and hair loss expert.



Stephen Garfit is a consultant trichologist at The Leeds Trichology Clinic (trichological.co.uk).

It's... smoking

'Smoking (both active and passive) has been proven to worsen female pattern baldness,' says Dr Therianou. **FIX IT** Stop smoking and avoid passive smoke. Visit [nhs.uk/smokefree](https://www.nhs.uk/smokefree) for help.



FOUR HAIR-BOOSTING BUYS

● THE SHAMPOO:

Frezyderm Hair Force Hair Thinning Shampoo (£15, frezyderm.co.uk), strengthens follicles and reinforces hair growth.



● THE TREATMENT:

Regaine For Women Once A Day Scalp Foam (£34.99, Boots) is clinically proven to regrow hair in 80% of women.



● THE SUPPLEMENT:

Philip Kingsley Tricho Complex (£45, philipkingsley.co.uk), is a mix of vitamins and minerals to give your body a boost.



● THE COVER-UP:

Toppik Hair Building Fibers (from £6.95, toppik.co.uk), comes in five shades and blends with your existing hair.



It's... how you wear your hair

‘Wearing your hair tightly pulled back can lead to hair loss,’ says Dr Therianou. ‘Plus, hair rollers while sleeping can cause traction alopecia.’

FIX IT Avoid tight hairstyles – ponytails, braiding, hair extensions and dreads – especially if you notice patches.

It's... over-styling

‘The increase in extremely hot thermal styling tools has shown a significant rise in hair shaft damage,’ says Stephen. ‘As many women lead busy lives, they often resort to a quick regime of blast-drying the hair, then use a hot device which damages the cuticle of the hair.’

FIX IT When possible, style without using thermal tools. Replace harsh haircare products with natural, organic and sulfate-free options.



Try to avoid too much heat styling

It's... your age

‘When women reach the menopause, oestrogen production is reduced, which can lead to loss of hair density,’ explains

Stephen. ‘This type of hair loss is called androgenetic or female pattern hair loss (FPHL) and is usually inherited from the maternal grandmother.’

FIX IT There’s no cure, but over-the-counter medications can be effective, as can laser light therapy. Hair transplantation is another option, but it’s not usually available on the NHS.

40%

The estimated number of women over 50 years who are affected by a hair-loss disorder.

It's... your thyroid

‘As women age, thyroid disorders can influence the stimulation or reduction of hair growth,’ says Stephen. Other symptoms of a low (under-active) thyroid are tiredness, sensitivity to cold, muscle aches and weight gain. **FIX IT** If you suspect you have a low thyroid contact your GP for blood tests.



Anita Naik

A PROBLEM SHARED

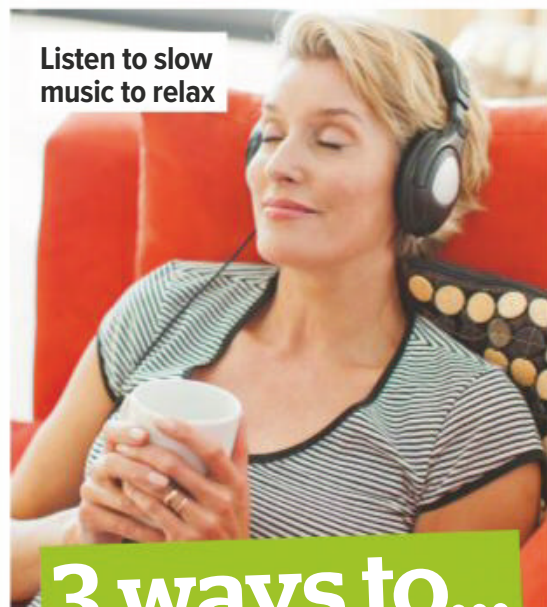
Mum-of-two Anita Naik has been an agony aunt for 28 years

I caught my husband having an affair

Q Earlier this year I caught my husband having an affair with a woman at his gym. I was ready to end things but over lockdown we tried again. Now things are going back to normal I have asked him to change gyms but he says he loves it there and don't I trust him. What do I do?

Carrie, 43, London

A If your husband is keen to make a go of it then you have every right to insist he cut off all contact with this woman. Changing his gym lifestyle is a very small price to pay if he wants to make his marriage work. He needs to earn your trust again rather than just expecting it to happen. This would be the first step in that direction.



Listen to slow music to relax

3 ways to... calm down

1 TRY A MINDFUL SIGH Breathe in to a count of five through your mouth, and then you let out a very loud sigh – the sound you hear your teenager make. Do it twice, or more if needs be, to feel calmer.

2 LISTEN TO YOUR FAVOURITE SLOW SONG This will help reduce your psychological response to stress and calm you down.

3 DOWNLOAD THE CALM APP It's top rated for a reason. It's ideal for daily calm tips, meditation and relaxation.

There is support available for women in trouble



She's in a violent relationship

Q I've always suspected my friend was in a controlling relationship but over lockdown she started to open up more. Her partner limits who she can speak to and when she stands up for herself, he gets violent and destructive. I want to force her to leave but she doesn't feel she has any options as she has kids and no job. How can I help?
Name and address withheld

One in three women will experience domestic abuse*

A The last thing you want to do is tell your friend what to do. She is already dealing with a controlling and manipulative partner and forcefully pushing her to take action may make her pull away. What you can do is support her by offering her options like a safe place to stay and tell her of people who can help, such as the National Domestic Abuse Helpline 0808 2000 247. This way you are giving her the space to open up and find her escape route.

She's gained weight

Q My 15-year-old daughter has gained 2st this year. I've tried making comments about her eating less and telling her she won't look good if she keeps eating but she gets angry and then she eats more. I can tell she's very down and I want to help, but how?

Helen, 48, by email

A It's natural to be concerned for your daughter's health, but making comments and remarks about her size and what she eats isn't the way to tackle

it. You say your daughter seems unhappy, so this is where you start. Ask her how you can help and really listen to what she says about her feelings and her body image. By tackling what lies beneath her weight gain, you will help her find a healthier way with food and health.

Contact Anita

Send your questions to askanita@futurenet.com, follow her on Twitter @AnitaNaik, or go to anitanaik.com

GOOD FOR YOU!

Helping you make smart health choices

Have you heard about?

You don't need to fully empty your bladder

Bladder misbehaving? It could be caused by trying to 'push' out every last drop. 'It's normal to retain 30-100ml of urine after going to the toilet,' says Sanature Pro Vivo's Roseanna Grace.

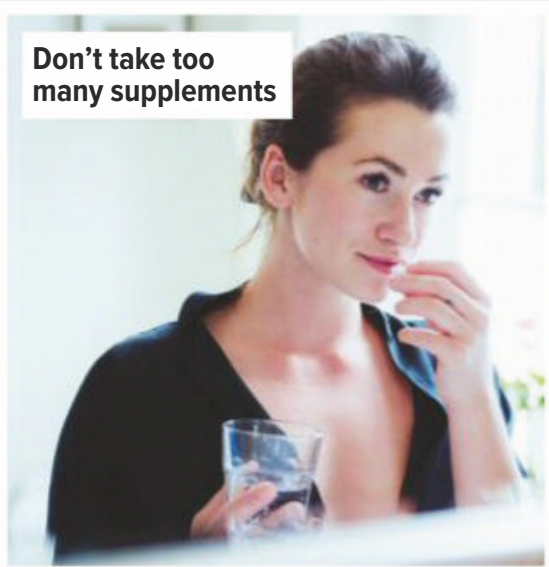
Men feel shut out from menopause chat

Hate talking about the menopause? It could be affecting your relationship. Research by FutureYou Cambridge reveals men want women to share problems, but they often feel left out.

Excessive supplements can be damaging

'Taking too much vitamin D over a long period of time can weaken the bones and damage your kidneys and heart,' says nutritionist Gabriela Peacock. 'Your GP can check with a blood test.'

Don't take too many supplements



44%
of UK adults
suffer from at least
one allergy.**



Magnesium can help restless legs

How to...

help restless legs

Nutritionist and GMC-registered doctor Dr Danielle Crida shares her advice...

1 Heat or cold therapy helps

'Restless legs syndrome (RLS) is a common condition of the nervous system, which causes an overwhelming urge to move your legs, especially at night. Applying a reusable hot or cold pack or hot water bottle to leg muscles before bed can be soothing.'

Around 10% of adults in the UK have RLS.*

2 Opt for magnesium

'Low levels of this mineral have been linked to RLS. As many as 50% of people get less than the recommended 350-400mg needed per day.' Try

Triple Magnesium Complex (£16.99, igennus.com).

3 Wind down your day

'Gentle exercise, such as yoga, walking or stretching, can relax legs at the end of the day. Avoiding caffeine and alcohol in the evening can help, as can a leg massage before bedtime.'

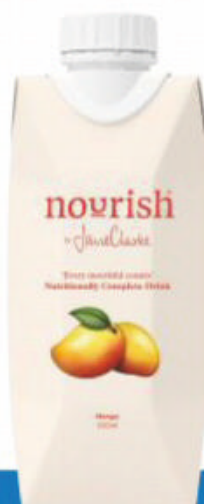
It worked for me



Jo Morein, 52, from London

'In March, I tested positive for COVID-19. I suffered from cold sweats, fever and a persistent cough. I became weak and

dehydrated as I couldn't tolerate any food. My sister recommended **Nourish by Jane Clarke (£15.80 for four, nourishbyjaneclarke.com)**. Even though I didn't have any appetite, the meal replacement drinks were tasty and easy to digest. They come in four flavours.'



Buy of the week

Worried about wearing summer sandals due to a fungal nail problem? Simply painting new **Excilor Nail Fungus Treatment Ultra (£24.99, Boots)** onto troubled nails each day can fight infection for up to 24 hours. You can even wear your usual polish over the top.



EAT RIGHT WITH THE EXPERTS

The benefits of LEGUMES

Unsure what we're talking about?

Legumes (also known as pulses) include everything from lentils and kidney beans to chickpeas and even peanuts, and they are certainly not just good for vegetarians.

'They are amazing,' says nutritional therapist Jodie Brandman. 'They contain a whole variety of nutrients and are a very healthy and economical food that everyone can enjoy.'

Including legumes as part of your daily diet doesn't mean you have to eat completely different meals, however. Jodie explains, 'There are so many ways you can include them in your favourite recipes – by simply adding them to soups, salads, casseroles and stir-frys, to name just a few.'

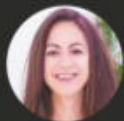
Help beat constipation

'Legumes are useful for keeping our bowels healthy,' says Jodie. 'They're high in dietary fibre, which helps us

to have more regular bowel movements. This helps eliminate excess hormones and toxins from the body.

'In the gut we have both beneficial and less beneficial bacteria, and that can get out of balance, so we need to take care of the beneficial bacteria. Fibre helps with this,' Jodie adds. She suggests sprinkling pre-cooked lentils, which are rich in fibre (8g per 100g), over a salad for a bowel-health boost!

Our experts



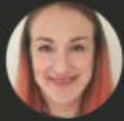
Jodie Brandman,
nutritional therapist



Sophie Medlin,
consultant dietician at
citydietitians.co.uk



Dr Nicola Guess,
consultant diabetes dietician



Abigail Slevin,
nutritionist

Can lower cholesterol

The soluble fibre in legumes can also help lower blood cholesterol levels, explains nutritionist Abigail Slevin. 'A diet with lots of legumes has been shown to lower blood triglycerides and LDL (low-density lipoprotein) cholesterol, which in turn reduces the risk of coronary heart disease and also can help lower blood pressure.' Swap sugary snacks for crudites and houmous to up your legume intake easily!



Keep you full

Eating lentils or beans could stop you reaching for sugary snacks.

'Legumes are a source of high-fibre carbohydrate and have a low GI (glycaemic index), which means they release their sugars more slowly so you feel fuller for longer,' explains consultant dietician Sophie Medlin.

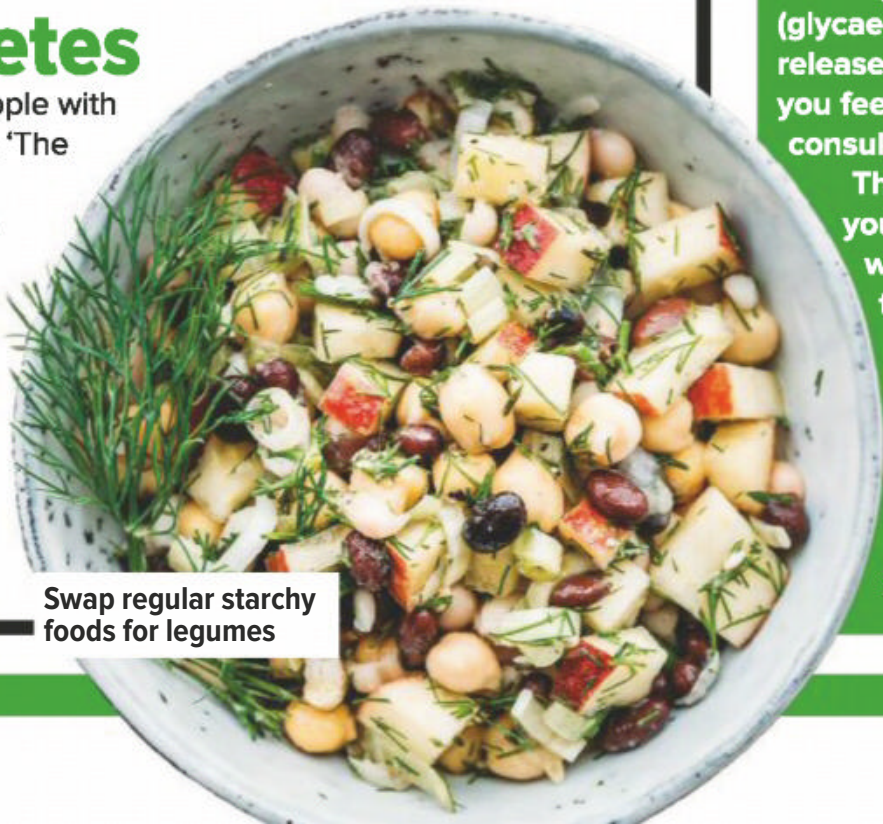
Their fibre content also helps fill you up quickly, so you're likely to want to eat less. If you are new to cooking with pulses and lacking confidence, Sophie recommends trying the Merchant Gourmet sachets of lentils that come with different flavourings. 'They're good to have as a side dish instead of rice or potatoes.'

Good for diabetes

'Legumes are a great choice for people with diabetes,' explains Dr Nicola Guess. 'The carbohydrate in them digests more slowly than the one in starchy foods like bread or potatoes, which helps to keep blood sugar more stable.'

'The fact that legumes are also a source of protein is important for type 2 diabetics; protein can help the pancreas produce more insulin – keeping blood sugar low, too.'

Nicola suggests making half of your starchy food legumes.



Swap regular starchy foods for legumes



Low fat

Legumes are low in saturated fat. If you are looking to reduce the amount of fat in your diet, one easy way is to reduce your meat consumption by bulking it out with lentils or beans, suggests Abigail. 'For any recipe that uses minced meat, such as shepherd's pie, go half and half instead. You still get the flavour from the meat, but it is healthier and it also makes it a cheaper meal.'



Vitamin B

Legumes are high in B vitamins, such as thiamine, folic acid, and also contain iron, calcium, phosphorous, zinc and magnesium, which are great for our immune system, bone strength and energy levels, says Abigail.

'Vitamin B is good for healthy skin and hair as well as helping the body release energy from foods,' she adds. Vitamin B12 is mostly found in animal products, so if you're vegan you may wish to take a supplement, but check with your GP first.

Folate

Folate is key for optimum fertility and legumes are a natural source of this. 'Natural folate is great as it's easy for our body to absorb,' says Jodie. She suggests using lentils to make a simple coconut and lentil dal, or adding lentils to a vegetable lasagne or spicy veggie chilli.



Source of protein

Legumes are a good source of protein and are great for vegetarians, vegans or anyone moving towards eating a more plant-based diet who may find that protein consumption falls by the wayside, as it is so commonly found in animal products.

'Protein is important for the growth and repair of cells and for all the functions of our body, such as maintaining healthy skin and producing hormones,' Sophie says.

As a guide, the adult recommended daily protein intake is 45g for women and 55g for men.

Sophie recommends lentils and pulses with fish. Try **Merchant Gourmet Puglia Lentils with Truffle Infused Oil (£2.09, Waitrose)**.

How much protein?

What you get from your legumes (per 100g)

- **Haricot beans** 6.3g
- **Chickpeas** 6.7g
- **Kidney beans** 7.7g
- **Black beans** 8g
- **Soya beans (edamame)** 14g

They cost beans!

Legumes are not only great for your health, but your purse strings too! 'You get a lot more bang for your buck!' Abigail enthuses. 'I don't have time to soak lentils overnight, so I use the pre-cooked ones – which are easy to use,' she adds.

Bargain buy

- A 400g tin of red kidney beans in water is 55p in Tesco
- A 410g tin of green lentils in water is 60p in Sainsbury's

Promotion Join now

Woman's Own Bingo

Welcome to our brand new bingo site!

**NEW LOOK!
NEW GAMES!
SAME BINGO
FUN!**

**Over 600
slot and
casino
games!**

**Free
bingo
games
EVERY
DAY!**

**NEW
Mystery
Jackpots!**



WOMANSOWN-BINGO.CO.UK

**Add £10, play with £30
+ 50 Free Spins on a top slot game!**

Join
with code
POWER
to claim!

New players only. Code POWER is valid once, 1/7/20 – 30/9/20, Min deposit £10 for 200% Bingo Bonus [BB] up to £50 + 50 Free Spins [FS] on Selected Game (FS Split over 2 days & valid for 3 days respectively, wins cap: £7.50). FS wins granted in Games Bonus [GB] after all FS used. GB valid on selected games only. Free Bingo rooms are open to funded players only, for 2 days following a deposit
Wagering requirements [WR]: 4x (deposit + BB funds) & 85x GB funds. WR vary by game. GB wins cap: £100 + initial bonus amount. UK: deposit balance can be withdrawn at any time. 18+.

Withdrawal restrictions & full T&Cs apply: womansown-bingo.co.uk/#tnc



SAFER. BETTER. TOGETHER.
Playing responsibly within limits

18+

BeGambleAware.org

Save 20% online with **CURVISSA**

We've teamed up with Curvissa to offer readers this fantastic offer. Why not treat yourself?

Stride into summer feeling your most confident yet with Curvissa's latest fashion collection! Get your glow, own your curves and flaunt what you've got with vibrant, fresh and stylish pieces that will see you through the summer season. You can't always depend on the weather, but you can rely on your wardrobe. Whatever your plans, **Curvissa has got you covered!**

We're delighted to offer *Woman's Own* readers a special 20% discount across the [curvissa.co.uk](https://www.curvissa.co.uk) collections. [Curvissa.co.uk](https://www.curvissa.co.uk) offers a range of clothing in sizes 14 to 32. As well as the main Sheego collection, Curvissa is also home to many great brands, including Kaleidoscope Curve, Levi's, Adidas, Converse, Curvy Kate and more.

● To find out more, head to [curvissa.co.uk](https://www.curvissa.co.uk)



**Code
PXXP to
claim your
discount**

CLAIM YOUR 20% DISCOUNT

The offer code PXXP is for single-use only and cannot be used in conjunction with other offer codes. The offer code used must be valid and within its live dates. Offer live from 4 August to 18 August 2020. We cannot apply offers without this code or add them to your order at a later date. Discount will be applied once the offer code is entered at checkout. If you cancel an order while using the offer, the offer will cease to apply to any subsequent orders. The 20% discount is only applied to the cost of goods sold, it does not apply to delivery charges or any additional fees. The 20% is not applied to insurance products and extended warranties. Excludes sale, electrical items, Studio 8, Phase 8 and Accessorize. UK only.

Curvissa SIZES 14-32 **Woman's Own**

Perfect your SMILE

Everything you need
for whiter, healthier
teeth at home

Brush better

Be honest, how long do you actually brush your teeth for? Without the guidance of an electric toothbrush timer, studies show that the average brusher stops after just 35 seconds. Pair that with the findings that 3 in 10 Brits only brush their teeth once a day*, and it's no surprise we're grappling with teeth woes.

The easiest way to make sure you're covering all bases is to 'split the mouth into four sections and brush each for 30 seconds', advises Dr Safa Al-Naher, clinical lead at Care Dental. 'Make sure you cover the front, back and top of teeth as well as between each tooth.' Try **Humble Brush Bamboo Toothbrush with Removable Heads, £10**, for an eco-friendly brushing option. And don't forget your gum line and tongue. They both harbour bacteria that can at best cause bad breath, and at worst lead to gum disease. **DenTek OraBrush Tongue Cleaner, £5.20**, uses soft, pointed bristles to get right into the crevices of your tongue.

Floss regularly

'Brushing alone isn't enough to keep your teeth healthy as it only covers 60% of the tooth area,' explains Dr Safa. 'The remaining 40% is between the teeth, where most of the bacteria that cause tooth decay or gum disease is found.' The solution then, is regular flossing. But if you're using string floss, be gentle. 'You should gently slide it between the tooth in a zigzag motion rather than snapping quickly between each tooth,' advises Dr Safa. Little interdental brushes are easier to master than traditional flossing, and **Curaprox Interdental Starter Kit, £8**, shop. curaprox.co.uk, is great for beginners. If you want to splash out, **Waterpik Water Flosser, £54.99**, is simple to use, just fill with water (and a little mouthwash for extra freshness) before guiding the stream between teeth to dislodge any plaque or debris.





Whiten carefully

First things first, at-home whitening toothpastes can remove stains, but they won't dramatically change the shade of your teeth. 'Buying whitening gels online can not only waste your money if they're not effective, but some can be very acidic and actually dissolve the enamel of your teeth,' warns Dr Uchenna. 'Not everyone is suitable for whitening for a number of reasons. The only way to whiten teeth safely is to visit a dentist.' To shift stubborn stains, **Colgate Max White Ultimate Catalyst Toothpaste, £20**, is expensive but impressive – removing marks left by coffee and tea with no sensitivity. **Beverly Hills Formula Perfect White Optic Blue Toothpaste, £5.99**, makes for a purse-friendly option, using blue pigments to create a brighter smile.



'Visit your dentist twice a year to keep on top of your oral health. If your teeth or gums aren't very healthy, you may need to visit more often,' advises Dr Safa. Can't get to the clinic? The **Tooth Fairy App** connects you to professional dentists via your phone.



Upgrade your brush

Whether you're making the switch to an electric toothbrush or looking to upgrade your existing model, **Oral B Genius 9000, £149.99**, doesn't disappoint. Linked to an app via your smartphone, it combines motion sensors in the brush with facial recognition software to help identify regularly missed spots and improve your technique. It also alerts you if you brush too hard. For something a little less high-tech, **Superdrug ProCare Advanced Clean Rechargeable Toothbrush, £29.99**, is a great value for money option. The oscillating brush leaves teeth sparkling clean, while the coloured bristles fade with time – a helpful reminder that it's time to swap the head.



Avoid staining

An easy way to think about tooth discoloration is to think of your pearly whites as a clean shirt. 'Anything that stains a white shirt will stain your teeth,' says Dr Uchenna Okoye, cosmetic dentist at londonsmiling.com. Aside from smoking, the main culprits include food and drink packed with colour pigment – think red wine, tea, berries and curries. If you do want to sip or eat these, 'rinse your mouth with water within 30 minutes', advises Dr Safa. 'This is better than brushing your teeth, as brushing so soon after consumption increases the absorption of enamel-eroding acid into the teeth.' Heading out? To reclaim that minty-fresh feeling outside of your twice-a-day brushing, opt for a restorative mouthwash like **Regenerate Advanced Foaming Mouthwash, £10**. Helping to reinstate enamel mineral, it works to both reverse and prevent damage caused by acidic food and drink.





Hydrangea heroes

Hydrangeas are popular, and rightly so: they're low maintenance and flower for months. Mophead types (*macrophylla*) change flower colour depending on the soil – pink on alkaline or blue on acid/neutral – and age to soft, smoky tones. Pompom types include the frothy lime-white *Hydrangea arborescens* 'Annabelle'. Or you could opt for cone-shaped *paniculatas*, such as 'Vanille Fraise'. All need space to breathe, spreading 1-3m. Mopheads need partial shade to stop flowers fading; other varieties tolerate sun, but all need plenty of watering.



Buy of the week

Top-heavy plants may need a hand, so upgrade your canes with these metal plant supports. **Artichoke, seedhead, poppy supports** and more, **from £15**; shop.nationaltrust.org.uk.

Bright and beautiful

Capture some Mediterranean colour and scent for the holiday season

Hot favourites

Mimic a typical Mediterranean courtyard with a riot of sun-lovers in colourful pots. Try tender geraniums (*pelargonium*), fuchsias, African daisies (*gazania*), and the succulent ice plant (*Sedum spectabile*). An olive tree (*Olea europaea*) will make a stunning focal point, and add lavender (*Lavandula angustifolia* 'Hidcote') for deep-purple spikes above silvery-grey leaves that release their fragrance when brushed. Ramp up the scent with herbs such as rosemary, thyme, sage and oregano. Set your borders ablaze with a backdrop of hot poker in blazing yellow (*Kniphofia* 'Bees' Lemon') or fiery red (*Kniphofia uvaria* 'Nobilis'). Team with a sunny heliopsis.



The only way is Essex!

Day out

At Elmstead Market, just outside Colchester, you'll find a gem of a garden and nursery. Designed by plantswoman Beth Chatto, whose success lay in finding the right plant for the right place, it's a 7.5-acre source of inspiration. Enjoy a wander around different areas, planted for dry, shady, damp and woodland conditions. The gravel garden is never watered, so it's the perfect place to discover drought-tolerant plants. Entrance is £8.95 per adult, plus a 50p booking fee, and you'll have to book before you visit at bethchatto.co.uk. Take a bank card... you will be tempted!



ul



Colour
riot



Sun seekers

Smaller than a sunflower, but with so many more bright yellow flowers, a heliopsis will pack a punch in any border. It will bloom through summer and autumn and this one – *Heliopsis helianthoides scabra* – has a beautiful reddy bronze blush at the centre. If you can't find one to plant right now, order one to plant between September and November, and you'll be patting yourself on the back next July, and for many years to come as it's a superb-value perennial. **£6.95 for a 9cm plant from sarahraven.com.**

Wow
factor



3 Easy jobs to do now



1

Take cuttings of tender perennials such as pelargonium and osteospermum as soon as possible. Place on a light windowsill until they are established.



2

Keep hanging baskets flowering for longer by giving them a weekly feed of liquid tomato or seaweed fertiliser after watering.



3

Top heavy plants, such as dinner-plate dahlias, need support to prevent them flopping, so tie stems securely to a cane with garden twine.

I lost 12st to be a mum

Victoria Boltwood, 31, didn't realise that her size was holding her back

Standing outside our favourite restaurant, my boyfriend, Wayne, then 27, and I watched as the sun set on the horizon. As he stepped back and I spun away from the glaring beam of light, I found him down on one knee. 'Will you marry me?' he asked. 'Of course!' I shrieked, jumping into his arms. It was June 2014 and this moment was everything I'd ever dreamed of. See, all my life, I'd only ever really wanted three things: a partner to love and share the journey with, a house that we could call our home, and a baby to dote on and watch grow. And now, I was just one step away from all three.

As we set about planning the wedding, picking out the flowers and the food, I was so excited. But when it came to choosing a dress, it wasn't so easy. At 5ft 5in and a size 26-28, I was bigger than I'd ever been and knew deep down that I wouldn't slip into the fitted frocks I gawked at in the bridal magazines.

I'd always been a big girl and, in recent years, I'd noticed I was struggling to walk without feeling breathless and I felt constantly drained. I'd tried countless diets, but the pounds always piled back on.

Still, being overweight had never held me back. And although there wasn't the selection I may have liked, trying on a wedding dress was no different – I liked my curves and always felt happy and confident in myself.

So, in June 2015, I proudly walked down the aisle with a beaming smile on my face. I had the house, the husband, and all that was left now was the baby.

A couple of months after our wedding, I had my contraceptive implant taken out, and we started trying for a family.

But month after month, the tests came back negative.

A diagnosis

At first, I thought my body was taking a while to adjust to having the implant taken out, but, after two years of trying to conceive, I knew something was wrong. 'I think I should see a doctor,' I said to Wayne, who agreed.

He could see how desperately I wanted a baby, and knew how deflated I'd become with every month's disappointment. After tests, we were back to the doctor for the results in October 2017. 'You have polycystic ovary syndrome (PCOS),' the doctor said.

Though I'd heard of the condition, I never really knew what it was and I certainly didn't think that I had it. The doctor told us PCOS affects women's ovaries, and that it's one of the most common causes of female infertility. The diagnosis not only explained why we'd been struggling to conceive but also why I'd always struggled to lose weight – the doctor told me PCOS makes the body cling on to fat.

'Losing weight could increase your chances of getting pregnant,' the doctor told us.

'I'll do it,' I replied, determined.

Prescribed medication for the PCOS,

'After two years, I knew something was wrong'



I went home in a daze, wondering whether I'd be to blame if we couldn't have babies.

Shifting a few pounds had never been so important. Though I'd always been confident about my size, I suddenly didn't like what I saw in the mirror. My weight had become an obstacle in achieving what I wanted, and I knew that I had to make a drastic change.

Dreading the thought of yet

another yo-yo diet, I switched on my laptop and researched weight-loss surgeries.

Opting for surgery

It was reassuring to hear women share their positive experiences, but when I read that the NHS process could take up to five years, I knew I had to find a

different route. I decided to

go private and have gastric-bypass surgery.

But it didn't come

cheap. At

£12,000, we

had to dive into our savings.

We'd worked

hard for the

money – Wayne

as an IT specialist

and me as a

drama teacher.

'It's a small price to pay,' Wayne said.

In May 2018, I met with a weight-loss consultant and, just four weeks later, I was lying on an operating table waiting to have my surgery.

I wasn't at all fazed by the idea of going under the knife.

I felt safe in the hands of my surgeon, and I was more excited that the operation could lead to us having a baby.

The procedure took just three hours, and I was discharged the very next day.

For the next four weeks, I was on a restricted diet. I started on liquid foods before progressing

to mashed foods and then finally on to solids. My smaller stomach meant that I couldn't eat a lot, and every week I was losing around 4lb.

Eating out socially was hard as I was adjusting to my new routine and I would often get jealous of what was on other people's plates.

By January 2019, I'd lost 8st and felt fitter and healthier. 'You look incredible,' Wayne beamed.

And that same month, I missed a period. 'Could it be?' I said to Wayne, not wanting to get our hopes up. But after almost three years of trying to conceive, we finally held a positive pregnancy test in our hands. In a bout of disbelief, Wayne rushed out to get more tests but each one came back positive. It was finally happening.

Throughout my pregnancy, the pounds were falling off at a quicker rate than my bump was growing. And by the time Aria was born in September 2019, weighing a healthy 6lb 12oz, I'd lost a further 3st.

Today, I've lost a total of 12st 7lb, I wear a size 12 and I feel the healthiest I ever have.

I can now go shopping without feeling tired, and I enjoy going for long walks. But, best of all, I have the energy to play with Aria, to rock her in my arms without feeling breathless.

For me, losing weight was never about dropping a dress size, it was about starting a family. Aria is our little miracle and I can finally say that I've got everything I'd always dreamed of.



It was all worth it to have baby Aria

'We finally held a positive test in our hands'

Victoria's diet

BEFORE

Breakfast Big bowl of sugary cereal or bacon and egg sandwich

Lunch Large baguette, cheesy chips, crisps, chocolate

Dinner Big portion of meatballs and pasta or takeaway

AFTER

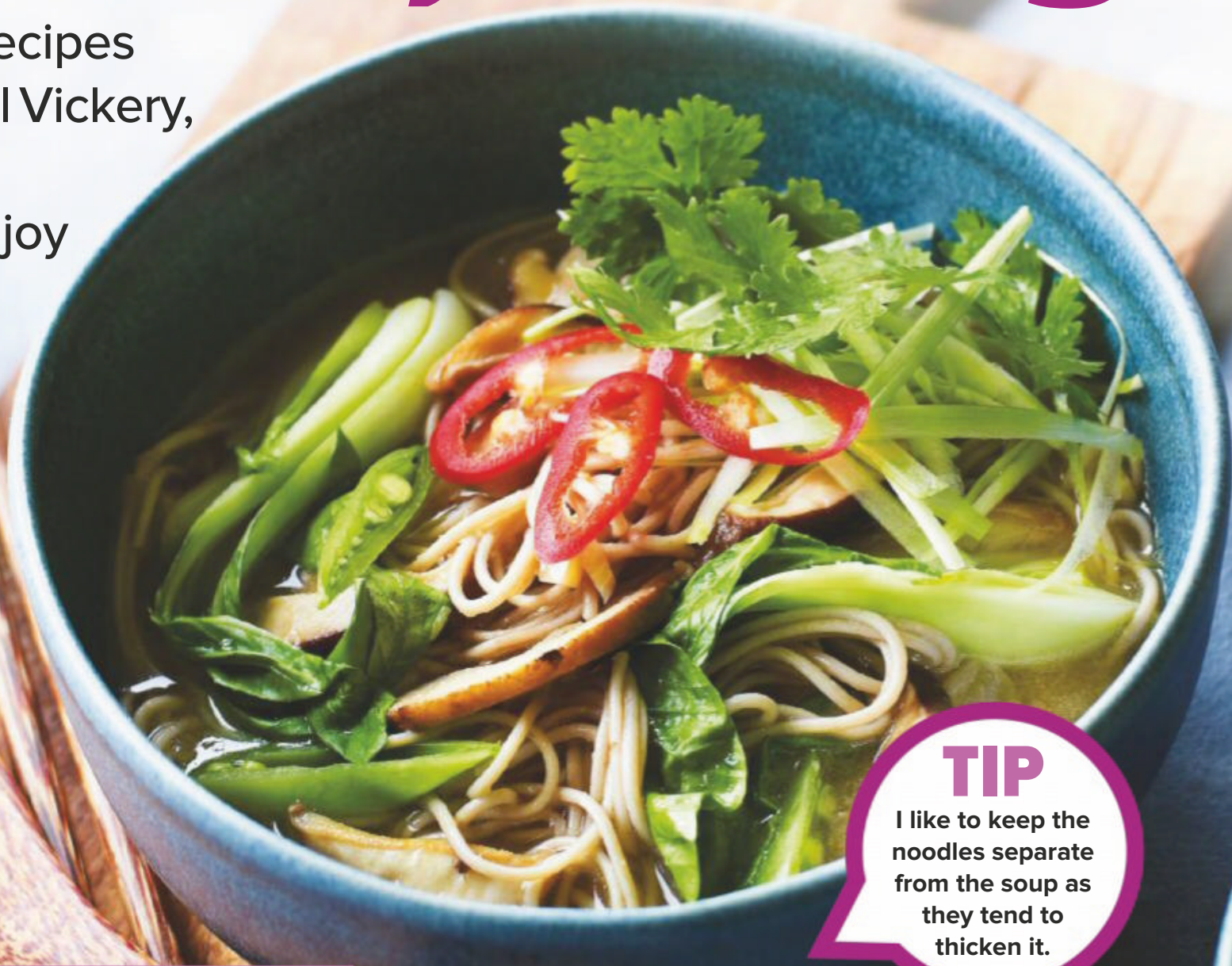
Breakfast Piece of toast or handful of cereal

Lunch Fruit and yogurt

Dinner Chicken, fish pie or protein-based dinner, plus veg

Delicious, balanced and diabetic-friendly

Easy, colourful recipes from TV chef Phil Vickery, for tasty dinners everyone will enjoy



TIP

I like to keep the noodles separate from the soup as they tend to thicken it.

Mixed mushroom soup

Serves 4

Brown cap, white button, shiitake, mixed wild mushrooms or even dried mushrooms are good to use in this dish.

You will need

- * 200g dried soba noodles
- * 450g mixed mushrooms
- * 180g pak choi
- * 10g reduced-salt vegetable stock cube, dissolved in 600ml boiling water
- * 1-2tsp finely chopped or grated fresh ginger
- * 1tsp light soy sauce or 1tsp miso paste
- * ¼tsp Chinese five-spice powder
- * 2 star anise (optional)
- * 1tsp rapeseed oil
- * 1 onion, finely chopped

- * 80g sugar snap peas

To serve: (optional)

- * ½tsp sesame oil
- * 2 spring onions, cut into matchsticks
- * A handful of fresh herbs (coriander leaves or Thai basil and mint leaves)
- * 1 large, mild red chilli, finely sliced on the diagonal

How to do it

- 1 Bring a large pot of water to the boil and cook the noodles according to the packet instructions. Keep an eye out as they like to foam up and boil over. Refresh under cold water, drain and set aside.
- 2 Wipe the mushrooms and slice thinly if using fresh ones, or rehydrate dried ones

in a little boiling water, to cover (you can add this liquid to the stock for extra flavour later). Remove the core from the pak choi, cut the leaves crossways into four, then wash thoroughly and drain.

3 Bring the stock to the boil in a large pan. Add the ginger, soy sauce or miso, five-spice and star anise, if using. Reduce the heat to low and infuse while you cook the onions and mushrooms in a separate pan.

4 Add the oil to a large, non-stick sauté pan, then add the onion and the mushrooms and cook over a fairly high heat for 10 mins, stirring regularly until they begin to colour. Add the hot

stock to the pan with the mushrooms and bring back to a simmer. Remove the star anise, if using. Stir in the pak choi and sugar snap peas and simmer for 3 mins, or until the vegetables are just tender.

5 Remove the pan from the heat. Reheat the noodles briefly and coat in 1tsp of sesame oil, if using. To serve, place a portion of noodles in a deep bowl and ladle the mushroom soup over. Put the spring onion, herbs and chilli in a separate bowl, if using, and serve alongside the soup.

PREP TIME: 15 MINS COOK TIME: 15 MINS SKILL LEVEL: EASY CALS: 213 FAT: 2.7G SAT FAT: 0.4G CARBS: 41G

Fish tacos

Serves 4

These tacos can be an easy lunch or a crowd pleaser when scaled up. Make sure you take advantage of seasonal produce for the salad.

You will need

- * 4 firm white fish fillets, skinned (approx 100g each; frozen and defrosted is fine)
- * 2tsp homemade jerk seasoning (see tip)
- * 1 garlic clove, crushed
- * 8 sprays 1-calorie vegetable oil cooking spray
- To serve:**
- * 4 wholegrain corn tortillas or taco shells
- * Small bag mixed salad
- * 30g red cabbage, very finely sliced (optional)
- * 1 lime, cut into 4 wedges
- * 4tsp low-fat unsweetened live yogurt
- * Fresh chilli, chopped, or a few drops chilli sauce

How to do it

- 1 If you are using frozen, defrosted fish, drain any excess water and pat dry. Mix together the spices with the garlic and rub this mixture over the fish fillets to coat.
- 2 Spray a heavy-based, non-stick frying pan with the oil and heat over a medium-high heat. Cook the fish on each side, until the fillets colour and flake when pulled with a fork; this might only be a couple of minutes if the fillets are thin. Put the cooked, flaked fish in a bowl and keep warm.
- 3 Warm the tortillas or taco shells, add a handful of salad leaves, then divide the fish between them. Top with the red cabbage, if using, a squeeze of lime juice, 1tsp of yogurt and some chilli.

PREP TIME: 10 MINS COOK TIME: 5 MINS SKILL LEVEL: EASY CALS: 150 FAT: 4.7G SAT FAT: 0.8G CARBS: 8G

TIP

Make your own jerk seasoning mix with ½tsp each of smoked, hot paprika, ground cumin and ground allspice, and a tiny pinch of thyme.



Twice-baked sweet potatoes

Serves 4

My mother used to cook us twice-baked jackets as a kid, and I've always liked them since. It turns a simple baked potato in a full main course.

You will need

- * 4 large sweet potatoes (600g)
- * 4 low-fat chicken sausages (25-30g each), cut into small pieces
- * 2 onions, finely chopped
- * 2 garlic cloves, crushed
- * 400g can kidney beans, drained well and rinsed
- * 50g very finely grated Parmesan (optional)
- * Freshly ground black pepper

How to do it

- 1 Preheat the oven to 220C/ Gas 7. Wash the sweet potatoes well and place in the oven. Cook for 1 hour, or until soft with crunchy skins.
- 2 Meanwhile, heat a non-stick sauté pan over a low heat. Add the sausages, onions and

garlic and cook for 4-5 minutes to soften. Add the beans and warm through, then transfer to a bowl.

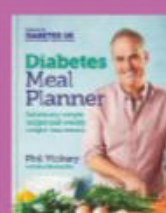
3 Remove the potatoes from the oven and halve lengthways, then spoon the hot potato into a bowl. You want to keep the skins intact, so leave a good 5mm or so of flesh on the skin.

4 Place the potato flesh into the bowl with the sausage, onion and beans, then mix well and add a little pepper. Spoon the mixture back into the shells, piling nice and high, then evenly sprinkle over the Parmesan, if using. Pop the potatoes under a grill or in a hot oven to brown slightly for 5-6 mins, then serve.

PREP TIME: 15 MINS COOK TIME: 1 HR SKILL LEVEL: EASY CALS: 358 FAT: 11G SAT FAT: 4.4G CARBS: 53G

TIP

I sometimes microwave the potatoes for 4-5 mins to start them cooking, cutting down the time spent in the oven to roughly half of what it would be otherwise.



DIABETES MEAL PLANNER BY PHIL VICKERY WITH BEA HARLING BSC IS PUBLISHED BY KYLE BOOKS AND SUPPORTED BY DIABETES UK.

A Forever Reminder That
An Angel
Watches
Over You

SPARKLING WITH
20 GENUINE DIAMONDS

SOLID STERLING
SILVER AND RHODIUM
PLATINUM-PLATING

UNIQUE SCULPTED
FEATHER DESIGNS



Shown larger than actual size. Feather charms each measure
1.2 inches (3 cm) in length.



Comes with the
touching poem:
*'Feathers Appear
When Angels are Near'*

A Guardian Angel's message sparkles with everlasting love
 While it is difficult to lose someone with whom you have shared so much, there is comfort in knowing that special person in your life is always with you in spirit, watching over you, as a reminder of an everlasting love. Keep comforting reassurance close with the 'When Angels Are Near' Diamond Earrings – first-of-a-kind designs, exclusive to The Bradford Exchange.

*A unique design with solid sterling silver and
20 genuine diamonds in total*

Expertly handcrafted in shimmering solid sterling silver and plated in sought-after rhodium-platinum, these stunning earrings are each sculpted in the shape of a delicate angel's feather. A glittering channel of 10 genuine diamonds extend from the precious heart-shaped tops of both earrings – a reminder of your forever love – down the centre of each design. Surgical steel posts and rubber stoppers ensure comfortable wear.

Don't miss out – order your heartfelt angel earrings today!

As beautiful as they are inspiring, these exclusive earrings arrive with a special 'Feathers Appear When Angels Are Near' poem card, a custom-designed presentation case, a Certificate of Authenticity and our famous 120-day money-back guarantee**. The set is available for just 4 interest-free instalments of £19.99 – that's only £79.96 (plus £6.99 S&S)*. Pay nothing now – simply complete and return your Priority Order Form today!

© The Bradford Exchange. * S&S - Shipping & Service. Offer applies to UK only. Our guarantee is in addition to the rights provided to you by consumer protection regulations.** Comes with our famous 120-day guarantee. Due to hygiene implications, this product must be returned in its original packaging and should not have been worn.
526-RSP03.01

PAY NOTHING NOW

ORDER FORM

Please Respond Promptly

To: The Bradford Exchange, PO Box 653, Stoke-on-Trent ST4 4RA

YES! Please order ____ (Qty) of the 'WHEN ANGELS ARE NEAR' EARRINGS for me as described in this advertisement.

Complete today or Call 0333 003 0019

Name (Mr/Mrs/Miss/Ms) _____ (PLEASE PRINT)

Address _____

Postcode _____ Telephone _____

Mobile _____

Email Address _____



Applicants must be aged 18 or over. Please note, we may contact you via mail, email and mobile with information about your reservation. For details of our privacy policy, please go to www.bradford.co.uk/privacypolicy or contact us at the above address or phone number.

526-RSP03.01

Order Ref:385577

FASTEST WAY TO ORDER

www.bradford.co.uk/angelfeatherearrings

**Or call our 24hr hotline on 0333 003 0019
and quote reference code 385577**

SUPERMARKET SAVERS

All the best deals for you this week

Best Buys

BUY IT
Cook it

Kenco Millicano coffee, 95g (Co-op)

CHOCA MOCHA CHEESECAKE CUPS

Serves 6

You will need

- * 30g butter, melted
- * 100g chocolate digestives, crushed
- * 150g milk chocolate, cubed
- * 100g plain chocolate, cubed
- * 400g light soft cheese
- * 100g caster sugar
- * 1tbsp instant coffee grains
- * 1tsp vanilla bean paste
- * 2 eggs
- * Reduced-fat creme fraiche, to serve



WAS £5.25
NOW £2.62



How to do it

1 Heat the oven to 160C/Gas 3. Grease six 180ml ovenproof cups or ramekins. Mix the melted butter and crushed biscuits and press into the base of the cups or ramekins.

2 Melt the milk and plain chocolate in separate bowls. Beat the soft cheese with the sugar, coffee and vanilla. Gradually beat in

the eggs and melted milk chocolate.

3 Lightly stir in the melted plain chocolate. Spoon mixture into cups or ramekins and bake for 20-25 mins until firm to the touch. Cool and then chill.

4 To serve, top each cup with a spoonful of creme fraiche, and dust with cocoa powder.



WAS £8
NOW £6

CATCH OF THE DAY

CHARLIE BIGHAM'S FISH PIE FOR 2 (SAINSBURY'S)

A top-notch ready meal made with cod, salmon and smoked haddock in parsley sauce, topped with creamy mash and a Cheddar and breadcrumb topping. Pop in the oven for 35 mins and dinner is served.

Bargain BOOZE

Tequila Rose 500ml (Morrisons)

From cocktails to milkshakes or simply poured over ice, this blend of strawberry-flavoured cream liqueur and tequila adds a taste of summer to any drink.



Was £12
Now £10

LOW-CAL AND LUSCIOUS OPPO ICE CREAM TUBS 475ML (TESCO)

With up to 60% less calories and sugar than regular ice cream, these are an indulgent treat you can dive straight into without feeling guilty. Simply the Zest (vegan) and Caramel Chocolate Crunch are two of our fave flavours.



WAS £4.50
NOW £3.50

3 of the best... basket buys



WAS £3
NOW £2.50

HYDRATED STATE
Nexba Sparkling Waters
4-pack (Sainsbury's)



WAS £3
NOW £2.50

NUT-TASTIC
KIND Bars
3-pack (Tesco)



WAS £3.39
NOW £2.55

MED MAGIC
Pelagonia Aivar Red Pepper
Spread 314g (Waitrose)

DAIRY-FREE CHEESE VIOLIFE VEGAN CHEESE RANGE (WAITROSE)

Whatever your cheese preferences, Violife means you can enjoy your favourite cheesy dishes, such as sandwiches, pizza and pasta, on a vegan diet.



WAS £2.50 each
NOW 3 for price of 2

No more 'rough sex' defence

Not before time, the law is finally changing to protect women from intimate violence

'AT LONG LAST' Government set to launch review into 'Fifty Shades' rough sex defence used by killers to 'get away with it'

No rough sex defence

A ban on the "rough sex" defence in cases of death or serious injury

Salacious headlines, such as 'sex game gone wrong', certainly catch our attention. But the undertones behind this defence often remained masked. That was until the murder of 22-year-old British backpacker Grace Millane. When Grace's killer, who strangled her in his hotel room after a Tinder date in Auckland, New Zealand, claimed she died accidentally during BDSM sex, anger rippled around the world – and the UK criminal justice system.

While Jesse Kempson was convicted of murder, his defence had exposed intimate details of Grace's sex life. This defence has been used more than 60 times in the UK by those accused of murder since 1972, according to campaign group We Can't Consent To This, and in more than 100 cases of non-fatal violence.

Currently, if someone kills another during sexual activity, they

could be charged with manslaughter alone, as murder requires the intention to kill or to cause grievous bodily harm.

Last month, MPs voted in favour of a new domestic abuse bill that bans the so-called 'rough sex defence' by ruling out 'consent for sexual gratification' as a defence to harm.

Proposed amendments seek to clarify current laws, make non-fatal strangulation a specific, serious offence, and protect victims from having their sexual history used against them in court. *Woman's Own* investigates.

'My sex life would have been on trial'

Sophie's* rapist used her history against her. After my second long-term relationship ended when I was 26, I needed some time to have fun. So no-strings-attached sex with a friend seemed ideal – we'd hang out and play video games before ending up in bed together.

For a while, this arrangement worked for me, but slowly he started introducing rougher sex play. It started with spanking or light choking – things I'd admittedly experimented with in my long-term relationships. Yet I didn't feel comfortable doing that with him, especially when he started pushing it further, until one night he slapped me round the face.

'Don't do that again,' I said. Yet, one night in January 2018, he spat in my mouth, pinned me to my bed and brutally raped me. I could barely breathe but managed to scream at him to get off. He didn't, instead whispering, 'I like it when I hurt you.'

Afterwards, I was in shock, petrified he'd attack me again if I demanded he



Grace Millane was killed after a date

'Men will take responsibility for their intimate violence'



Dr Kirsty Welsh, lecturer at Nottingham Law School, says:

There's a long history of women killed by their abusive partners being blamed for their own demise. The amendment to the Domestic Abuse Bill will prevent men claiming women effectively consented to their own death through their involvement in 'rough sex'.

This will have far-reaching consequences for women who are killed by men in

these circumstances, for perpetrators and for the effort to hold men to account for their intimate violence. The change to the law will prevent domestic abusers being convicted of the lesser offence of manslaughter by claiming their partner's death occurred in the context of a sex game gone wrong. In doing so, it sends a strong message that men must take responsibility for their intimate violence, and signals a shift away from the blaming of women in this context.

We Can't Consent To This research found that in 1996, two women per year were killed or injured during what the defendants called 'consensual rough sex'. By 2016, this had increased to 20 women per year.

leave. Eventually, he went home and within 48 hours I'd told four close friends and my mum – all of whom were shocked but would support me no matter what I decided to do. He'd been a friend, someone I trusted and now I didn't know what to do.

He sent a text a few days later saying 'sorry about last night', and I replied telling him it was rape.

It took until that March to find the courage to report him, and I gave several statements to police, both written and on camera. I had his texts as evidence, and the friends I'd told immediately afterwards as witnesses – all signs pointed to me being able to get a conviction.

But he hired the best lawyer he could, who lodged documents in his defence saying my rape had been consensual sex. He claimed that because we'd engaged in BDSM before, I'd consented to this, too; that it was all 'part of the play' and I was only calling it rape because I regretted it.

By the time it reached the Crown

Prosecution Service's desk in February 2019, it was suggested we didn't go ahead with a trial.

Not only was it my word against his, but because I'd admitted to consenting to some acts of BDSM in the past – both with my rapist and my exes – it was thought a jury wouldn't take my side. I was told if we went to trial my sex life would be ripped apart in court while

my parents looked on. It seemed hopeless, so I dropped the case.

'It seemed hopeless, so I dropped the case'

Unfortunately, this happens in so many rape cases – either they don't make it to trial due to a lack of evidence, or defence

lawyers rip your private life apart to put doubt in a jury's mind. It's wrong, and the law needs to change.

I welcome the news that the 'rough sex' defence is being abolished in the UK. Rapists and murderers shouldn't get away with heinous crimes just because the victim experimented in the bedroom previously. They're not the same thing, and the law should help victims, not abusers.

'The justice system has failed women'



Fiona Mackenzie, founder of We Can't Consent To This, says: I'm proud of what we've done. Some of us

at WCCTT knew women who'd been killed, and were determined to not let that happen again. For nearly 50 years, the criminal justice system has failed so many women – it's in honour of all of them that we've fought this.

Violence in sexual relationships is appallingly common – this new law, if fully enforced, will go some way to making sure women get the outcomes they deserve if they report an attack to the police. And ensure they and their families are not subjected to 'rough sex' defences.

We couldn't have done this without brilliant MPs: Harriet Harman, Mark Garnier and Laura Farris, and all the others who've worked together across party lines. We'll keep going. This isn't law yet, and will apply only in England and Wales – Scotland and Northern Ireland must be next. And we'll continue to generate analysis and influence policy to improve outcomes for women: there is so much still to do.

• See wecantconsenttothis.uk

MONEY MATTERS

Our expert Rebecca Gamble helps make your cash go further

HAVE YOU HEARD?

When it comes to inheritance, only 55% of UK adults say they would split their wealth equally among their children, according to new research by wealth managers Charles Stanley. The report also found for many, inheritance remains a taboo subject, with just one in five saying their family has talked openly about the subject.



Inheritance is still a taboo subject

IF YOU DO ONE THING THIS WEEK... KEEP N-ICE AND COOL

If you struggle to sleep when the weather's hot, why not try turning your hot water bottle into a cold one? Fill it with freezing cold water and put it in your bed before you get in for a cooler start to the night, suggests hotwaterbottleshop.co.uk.

No more sleepless summer nights



3

money mistakes you need to avoid

Make the most of your cash by ensuring you don't fall into one of these traps!

1 Don't have the wrong mindset

If you find managing your cash difficult, you may find it tempting to just tell yourself that you're no good with money, and believe it is something that can never change.

But there's loads of help available that will boost your knowledge and your confidence. The Money Advice Service (moneyadvice.service.co.uk) website is packed with information, like its 'Beginners guide to managing your money'. The key here is to start with the basics, like budgeting, and build up from there.

2 Keep track of your cash

Make sure you check your bank account regularly. It means you'll keep track of your spending as well as spot any mistakes or fraudulent activity.

If money is tight, it's especially important to know how much cash you have left to last until the end of the month so you can budget accordingly.

3 Avoid sticking your head in the sand

'And if you're worried about your finances, it's never too early to seek free, independent debt advice,' says debt charity StepChange's Sue Anderson.

How to... get fit using free apps!

Unless you happen to be a certified personal trainer, creating routines and tracking your progress is no easy feat. Luckily, with a little help from technology, you can train like a pro (minus the hefty price tag).

1 *fitnet*

With this app, there are more than 200 exercise videos, ranging from kettlebell classes to yoga. The workouts are divided into light, moderate and intense; plus you can see the length of the class before you start – so if you're short on time you can pick a quick one! Available at the App Store; fit.net.

2 *GoJauntly*

If you love walking and are looking for inspiration, GoJauntly will help you find new trails created by people who know and love them. Available at the App Store and Google Play; gojauntly.com.

3 *Couch to 5K*

Fancy taking up running but don't know where to start? Couch to 5K is designed for beginners, with the aim that you'll build up to running 5km by the end of the programme. Available at the App Store and Google Play; nhs.uk/live-well/exercise/get-running-with-couch-to-5k/.

4 *1 Minute Desk Workout*

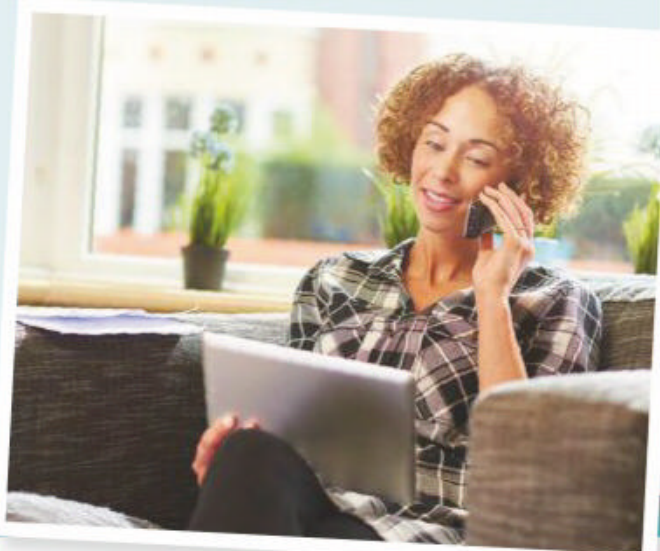
A great way to stay fit throughout the day, you'll get a reminder every hour to do a one-minute long 'workout'. Available at the App Store.

DID YOU KNOW?

More than four million households on prepayment meters are paying £94 more per year for their energy compared to those on a credit meter, according to comparethemarket.com.

'We know that 50% of people in debt wait a year before seeking help; in this time, their financial situation often gets much worse.

'So don't hesitate to get help; the sooner you reach out, the more manageable your financial difficulties will be.' Visit stepchange.org, or call 0800 138 1111.



Apps can boost your fitness journey

Best buy!



DEAL OF THE WEEK

You can grab this pretty Patisserie de Bain cosmetic bag for half price at Beauty Naturals, was £5.00, now £2.50 (with free P&P) until 31 August 2020. For more information, call 01780 470802 or visit beautynaturals.com/product/?ref=RC-950. Subject to availability. UK only.

If you love to win prizes then visit...

comps.womansownmagazine.co.uk

Glorious gardens

There aren't many things as wonderful as a British garden in summer. So go on, feast your eyes

Helmingham, Suffolk

Prepare to be wowed by the beautifully designed gardens and grounds at Helmingham, a hidden delight offering a marvellous mix of formal and informal gardens. Stumble across tumbling roses, meander through flower meadows and breathe in the scent of blossom along the Apple Tree Walk, a wonderful green sward with fruit trees that bloom in abundance during May. The historic moated house is surrounded by 400 acres of Tudor parkland, where cattle and deer roam free, and the whole estate oozes an idyllic style and charm all of its own.

Don't miss the vegetable plot in the walled garden with its rampant climbers and vegetables mingling with abundant cottage-garden flowers. **BE SURE TO SEE...** The magnificent example of a 19th-century parterre, flanked by musk roses, and the Knot Garden, with formal box hedges and fine gravel paths that hark back to Tudor times. **● Open 11am-4.30pm, Tuesday, Wednesday, Thursday and Sunday, as well as Bank Holiday Mondays. Admission £7 (helmingham.com).**



Bodnant, Wales

Perched above the River Conwy, with splendid views of the Snowdonia National Park, Bodnant Garden's hillside setting drops dramatically from manicured lawns and grand, flower-filled terraces, through meadows and glades into tranquil dells of water gardens and towering trees. This horticultural gem, now cared for by the National Trust, was established by Henry Pochin, a collector who accumulated plants from explorers who travelled all over the globe in the late 19th century. The garden is famous for its botanical collections, boasting a huge array of rare and beautiful plants from every corner of the world.

BE SURE TO SEE... Britain's first-ever laburnum arch, which dates back to 1810. You'll also find the UK's first-ever magnolia trees, introduced here from China in the late 1880s.

● Open every day, 9.30am-3pm, admission £8 (nationaltrust.org.uk).



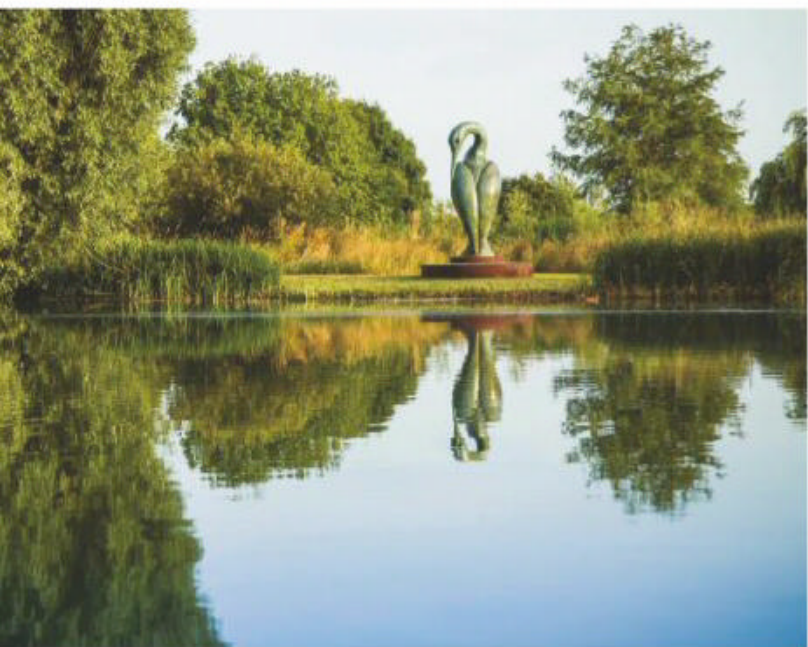
Sculpture by the Lakes, Dorset

Gardeners and art lovers alike will adore this serene sculpture garden, set in 26 acres of picturesque Dorset countryside. Lovingly created by British sculptor Simon Gudgeon and his wife Monique, the blend of inspiring pieces

of art and natural beauty creates an exquisite modern oasis. There are more than 3,500 different trees and shrubs to admire, with decorative plants and grasses brimming with bees and butterflies from early summer.

Walk through the herbaceous tunnel, swathed in roses and wisteria, admire the woodland and Japanese-style formal gardens, visit the quirky dog cemetery guarded by stone hares and stroll among architectural beds of grasses. **BE SURE TO SEE...** Gudgeon's famous sculpture 'Search for Enlightenment' by the tumbling waters of the River Frome: two enormous human heads gaze up at the skies in contemplation.

● Open Wednesday-Sunday, 10am-5pm, entrance £12.50 (sculpturebythelakes.co.uk).



4 MORE UK CITY GARDENS

1 BOTANIC GARDENS, BELFAST, NORTHERN IRELAND

Have a wander through the Palm House and Tropical Ravine, with its jungle of tropical ferns.

2 DOWN HOUSE, LONDON

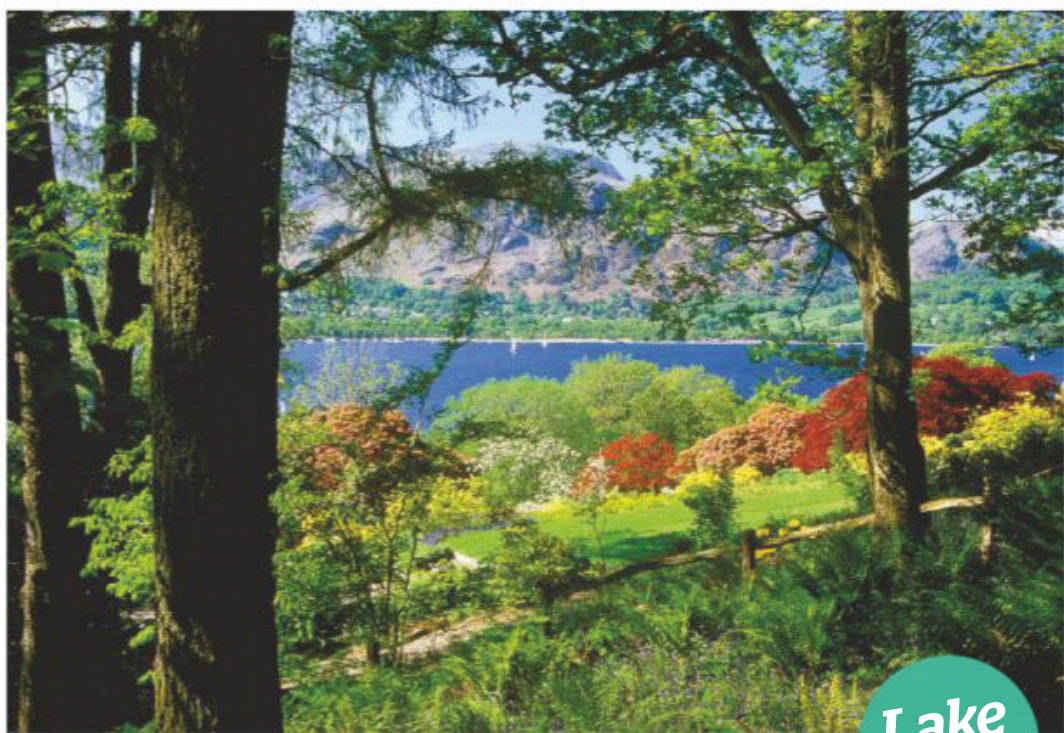
Nose around the fascinating flower borders and greenhouses, and wander the 'thinking path' at Charles Darwin's former garden.

3 HIDDEN GARDENS, GLASGOW, SCOTLAND

A beautiful public oasis with lots of gardening volunteering opportunities for keen gardeners.

4 WINTERBOURNE HOUSE AND GARDEN, BIRMINGHAM

A secret floral gem with picnic lawns, a walled garden and lovely rhododendron walk.



Lake view

Brantwood, Cumbria

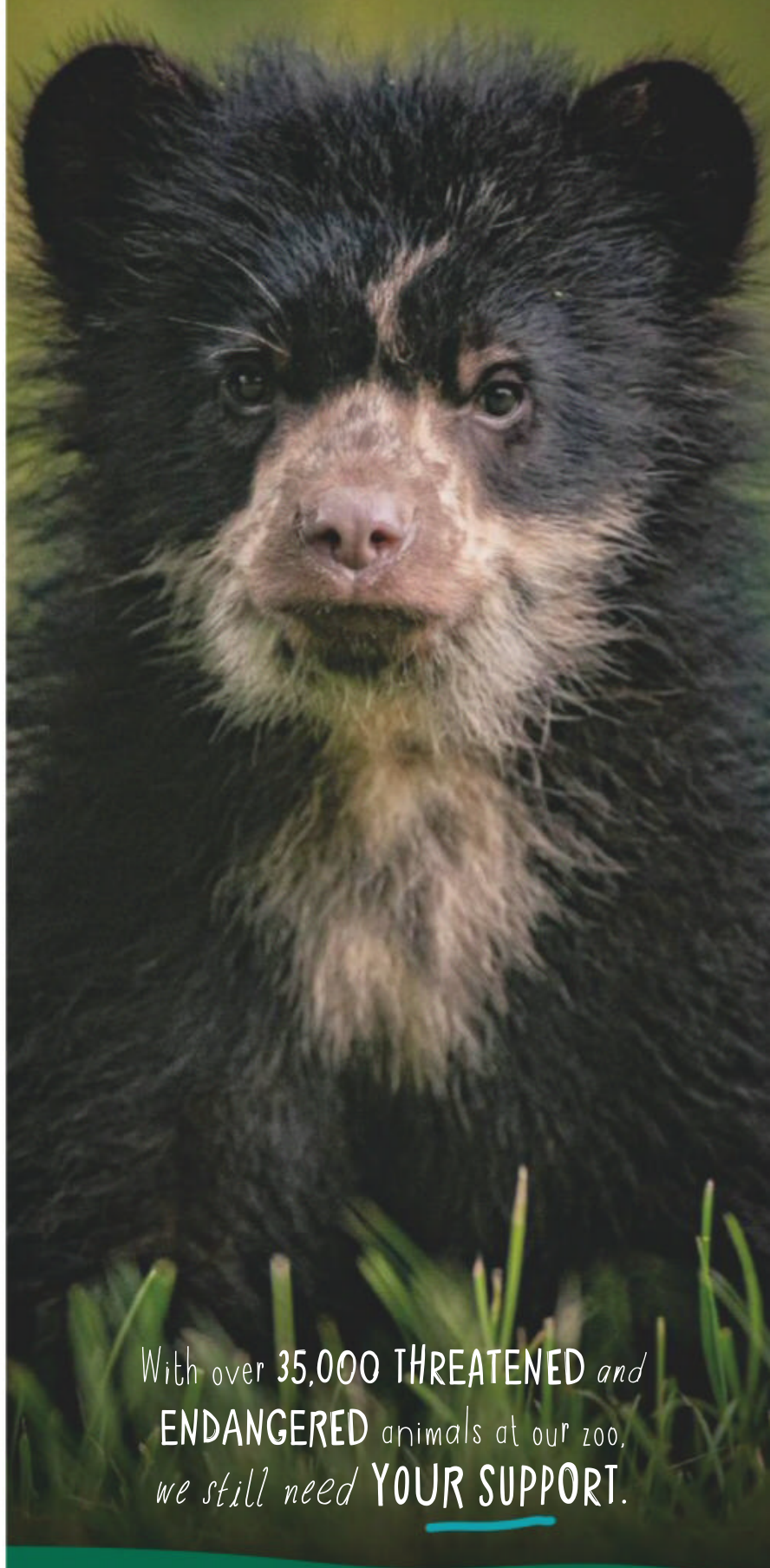
On the edge of Lake Coniston, these mountainside semi-wild gardens with superb lake views are the former home of John Ruskin – writer, artist, social reformer and lover of nature. The estate straddles more than 250 acres, from lakeshore meadows to high open fell, and it's a paradise for walkers of all abilities – miles of magical trails take you through ancient woodland, moor and meadow.

Surrounding Ruskin's house on the west-facing slopes is a collection of gardens, each reflecting his belief in enhancing the natural landscape.

DON'T MISS... The High Walk, designed by Ruskin's cousin, Joan Severn, provides a spectacular viewing terrace boasting superb lakeland scenery.

● Open daily, 10.30am-5pm, admission £6.20 (brantwood.org.uk).

THANKS for everything YOU'VE done so far...



With over 35,000 THREATENED and ENDANGERED animals at our zoo, we still need YOUR SUPPORT.

SAVE OUR ZOO

Book **TICKETS**, become a **MEMBER**, **ADOPT** an animal or **FUNDRAISE** at home

chesterzoo.org/supportus

CHESTER ZOO

Registered Charity No. 306077



Snack attack
Pretzel the terrier is determined not to miss out on any treat thrown his way.



Got it licked
Jake the cockerpoo charming his way to a prize.



Mine! Mine!
Elsa shows off her winning biscuit after a battle with Jeanie

Snap CA

Liz Gregg, 47, decided to combine her passion for photography with her love of dogs, with adorable results

All these excitable pooches have been captured at their funniest moment, as Liz throws them a treat while snapping away using a fast shutter speed. 'The expressions on the dogs' faces are priceless,' says Liz. 'I find it quite addictive, and totally joyous.'

Most of her career was spent photographing celebrities, musicians and sports stars, until she realised her favourite pics were of her own pooches, Elsa the goldendoodle and collie poodle Jeanie, also seen here wrestling over a snack!



Jaw-breaker
There's no missing Ralph the bulldog's mouth!



Surprise treat

Hugo the cocker spaniel almost didn't see his biscuit coming.

TCH



Open wide!

Bronson the Dogue de Bordeaux really goes for it!



Ooh, la la!

Of course, French bulldogs Ollie and Daisy style it out with utter grace.



Smooth mover

Shollie (that's a German shepherd/Border collie cross) Zack makes it look easy!

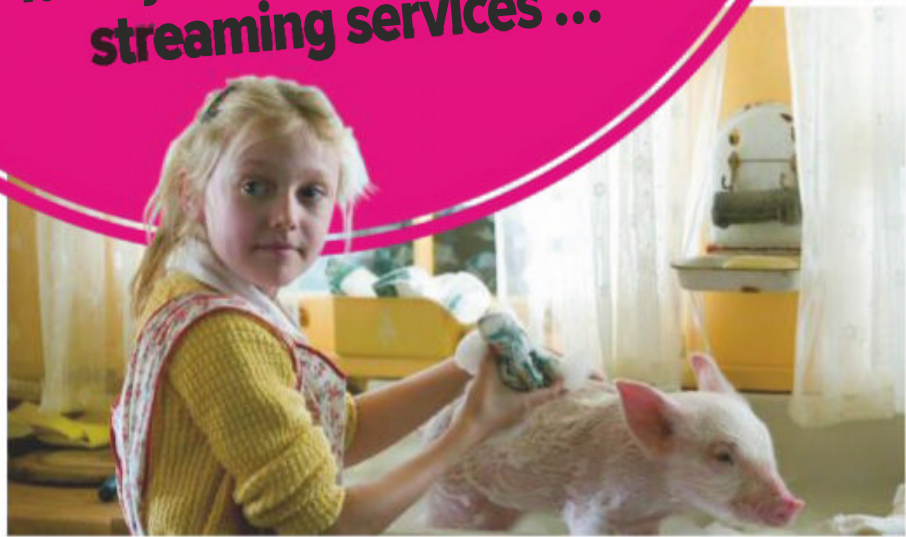


Dog-eared

With Wilma the Jackapoo (Jack Russell/poodle cross), her ears make a great back-up for her mouth!

TV PICKS

Here's our selection of terrific family films to enjoy on the streaming services ...



CHARLOTTE'S WEB Amazon Prime Video

Dakota Fanning is wonderfully engaging as the young heroine Fern in this gleaming and perky 2006 version of EB White's classic book. Julia Roberts is the voice of Charlotte the spider, who tries to save her best farmyard friend, Wilbur the pig.



HONEY, I SHRUNK THE KIDS Disney+

A splendid children's fantasy adventure from 1989 sees Rick Moranis playing a scientist dad who accidentally miniaturises his children. Special effects man-turned-director Joe Johnston keeps everything moving along at a cracking pace. Look out for the kids trying to escape giant creepy crawlies in the garden!



BILL Amazon Prime Video

From the creators of the hugely popular *Horrible Histories*, this irreverent slapstick comedy focuses on budding playwright William Shakespeare. Much panto-like foolery ensues as young Bill (Mathew Baynton) is dragged into a plot to assassinate Queen Elizabeth I (Helen McCrory)...



HIGH SCHOOL MUSICAL Disney+

This breezy teen musical was a phenomenon in 2006 with two hit sequels and a TV spin-off. It's a sweet-natured tale of a school egghead (Vanessa Hudgens) and basketball star (Zac Efron) who decide to defy peer pressure and audition for a musical.



ANNIE Netflix

Aileen Quinn is a cute orphan befriended by tycoon Albert Finney in this epic musical from 1982 with songs *It's the Hard-Knock Life* and *Tomorrow* among the show-stoppers. Carol Burnett is hilarious as the drunkenly awful orphan boss Miss Hannigan. Netflix also has the 2014 version starring the adorable Quvenzhané Wallis and the great Jamie Foxx.



PADDINGTON & PADDINGTON 2
Amazon Prime Video

These two wonderful Paddington movies (2014, 2017) are as perfect as each other, and Ben Whishaw shines as the voice of the marmalade-loving bear from darkest Peru. A stellar cast list also includes Hugh Bonneville, Julie Walters and Hugh Grant. A new film is in the pipeline, but this time with a new director.



WHISTLE DOWN THE WIND *BritBox*

A captivating black-and-white British classic from 1961 about three young farm children, who discover a fugitive (Alan Bates) in their barn, and believe him to be Jesus Christ. Hayley Mills is great, little Alan Barnes is amazing, and the last five minutes remain among the most moving in movie history.



FANTASTIC MR FOX
Amazon Prime Video

A lovingly crafted stop-motion animated version of Roald Dahl's children's novel with a terrific voice cast (George Clooney, Meryl Streep, Michael Gambon, Bill Murray et al). It adds up to a wonderfully eccentric, humorous and bittersweet tale.

COMING SOON



Murder At My Door
with Kym Marsh

Crime+Investigation

Former *Corrie* star Kym Marsh turns crime presenter in a new eight-part documentary series. Set to air this autumn, the former singer will look at real-life stories of innocent people killed in their own homes by someone they knew and trusted.

Foundation

Apple TV+

This sci-fi series based on the epic novels by Isaac Asimov stars *Chernobyl* and *Mad Men* actor Jared Harris. He plays a scientific leader, Hari Seldon, as a band of exiles go on a journey to save humanity and rebuild civilisation amid the fall of the Galactic Empire.



Project Power

Netflix

Hollywood actor Jamie Foxx stars in this one-off sci-fi thriller. It tells the story of a young teenage dealer, who helps a grieving father track down the men responsible for creating a new drug that gives people temporary superpowers, and for kidnapping his daughter.

Mangrove

BBC1

Black Panther's Letitia Wright and *Line of Duty*'s Rochenda Sandall star in this one-off drama. It tells the true story of the 'Mangrove Nine', a group of British black activists tried at the Old Bailey in 1970 for inciting a riot at a protest against the police's targeting of a restaurant in London's Notting Hill.



DON'T MISS
your favourite
programmes!

[whatsontv.co.uk/tv-guide](https://www.whatsontv.co.uk/tv-guide)



PHOTOS: AMAZON PRIME VIDEO, LISA TOMASETTI, DISNEY, VERTIGO FILMS, SONY PICTURES, 20TH CENTURY FOX, ALAMY, MOVIESTORE/REX/SHUTTERSTOCK, PA IMAGES, BBC, GETTY, NETFLIX

THIS WEEK'S HOT LIST

The movies and books not to miss



Film

Flash Gordon

Out 31 July

This fabulously over-the-top sci-fi romp gets a 40th anniversary re-release in a spanking new 4K restoration. With gaudy sets and ultra-camp performances throughout, this is a film that positively revels in its cheesiness, while staying true to the goofy spirit of those old 1930s matinee serials. Sam Jones's hero is a tad bland, but ripe supporting performances from Max von Sydow, Peter Wyngarde and Brian Blessed more than compensate.

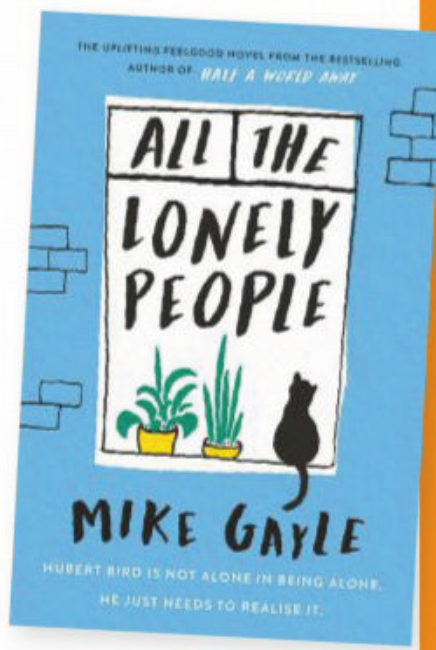
Book

All the Lonely People

by Mike Gayle

(£14.99, HB, Hodder & Stoughton)

Pensioner Hubert Bird rarely sees a single soul – contrary to what he tells his daughter – but, when he receives some good news, he finds himself in a race against time to transform his less-than-ideal life into the one he always claimed to have. Reading this is the self-care we all need.



DVD

A Rainy Day in New York

£7

Woody Allen's romantic comedy tells the story of college sweethearts Gatsby (Timothée Chalamet) and Ashleigh (Elle Fanning), whose plans for a romantic weekend together in New York are dashed. The pair become parted, and each has a series of chance meetings and comical adventures.

2-10 August 2020



Your STARS

Discover your destiny with Sally Morgan, our expert astrologer



Aries

21 Mar - 20 Apr

If you've just started a relationship, encourage your partner to talk about their deeper emotional feelings to help to enable your soul connection to grow.



Libra

23 Sep - 23 Oct

You want everything to be perfect with your partner, you're generous when in love and long to make others happy. Life feels good when wrapped in each other's arms.



Taurus

21 Apr - 20 May

Feeling adventurous? Make up for lost time and start planning your next vacation – there are hidden corners of moorland and coast closer to home that you can explore.



Scorpio

24 Oct - 22 Nov

Dynamic and sexy, you're never short of admirers. Evaluate them closely and trust your intuition, and you could find your soulmate hiding among them.



Gemini

21 May - 20 Jun

Any relationship tensions will disappear as you've entered a new phase. Eager to please each other, your romance is moving faster than you expected.



Sagittarius

23 Nov - 22 Dec

Whether in family, friendship, work or love, you'll find that your truest and deepest wishes have been answered and everything is finally falling into place.



Cancer

21 Jun - 22 Jul

The garden pond or water feature needs renovating. It's great for local wildlife, and you can gaze into it for hours – what a wonderful way to relax.



Capricorn

23 Dec - 20 Jan

News from the past prompts you to reveal a secret that you've been keeping close to your heart. You feel a burden has been lifted, and it's time to let it go.



Leo

23 Jul - 22 Aug

Focus on work matters, listen to your ideas and you'll realise you have thought up a genius plan, so act on it! There's more to you than meets the eye.



Aquarius

21 Jan - 19 Feb

Focusing on having fun with friends will put you in a better frame of mind. Having people to confide in is very important, as something is playing on your heart.



Virgo

23 Aug - 22 Sep

Have you been having vivid dreams that have come true? Keep a dream journal – you are intuitive and will be surprised by how many premonitions you're having.



Pisces

20 Feb - 20 Mar

Maybe you're making jewellery with silver seahorses or you're planning to go open-water swimming. Water holds the keys to your emotions.

Ask Alexa 'what is my horoscope today?'

Ask *yourself*



How independent are you?

Sometimes we all need a little bit of alone time – yet often a lot of us can't handle our own company

1 Your partner is going away for a week, what do you do?

- A** Get round to life admin
- B** Invite my friends over for a party and act like teenagers
- C** Call them every night
- D** Enjoy the time alone

2 Where do you sit at work?

- A** If I'm busy, I sit away from my colleagues
- B** I want in on the action and gossip!
- C** With my colleagues – always
- D** Alone

3 Your friend cancels tonight's plans last minute, you...

- A** Go along to the bar anyway – I wanted to try it
- B** Go out and meet new people!
- C** Call up other friends and see if they're free
- D** Have a night in

4 Your ideal holiday is...

- A** With my best friend, but I do my own thing
- B** With all the girls – it's boozy!
- C** With anyone who wants to go with me
- D** Solo travelling!

5 You have to organise a family party – how do you react?

- A** I reject help and get my head down
- B** Get my parents to help
- C** Rope in anyone and everyone who will help
- D** Happy to do it on my own!

6 You're heading to work and the bus breaks down – what do you do?

- A** Walk there, testing out a new route
- B** Call work in a panic
- C** Totally and utterly freak out
- D** Wait for the next bus

7 You want to try out a new cafe, you...

- A** Go along when I have some work to do
- B** Call up my friend and offer to buy them lunch
- C** Wait until someone else is going and tag along
- D** Go alone

How did you score?

MOSTLY As Productive independence

You're relatively independent and use any free time you have to be productive. You use any spare time or space to sort out your life admin or life goals, which is great, but make sure you also focus on yourself. We all need some 'me time' to clear our minds of life's everyday stresses.

MOSTLY Bs Wild independence

You relish independence as it's a chance to let your hair down. But independence doesn't have to mean running wild and free like you used to. Take the time to catch up with friends properly, and not just over drinks. Use your free time to better yourself, and enjoy your own company.

MOSTLY Cs Not independent

You need the company of other people to validate yourself. You feel like you always want in on the action, or gossip, but when was the last time you focused on yourself? We all need to learn how to manage life on our own in case the worst does happen – you don't want to lean on others forever. Appreciate your own company.

MOSTLY Ds Very independent

You're an independent woman, and that's great. You know how to spend your 'me time' properly, and in a way that validates you and makes you happy. But be careful it doesn't come across as isolating yourself from others. Set aside time for your friends and colleagues that doesn't interfere with valid alone time.

PUZZLE BR

**TRY TO
COMPLETE
THIS ONE
IN 20
MINS**

Clues & arrows

Fill in the clues in the direction of the arrows

Irish coin		Move quickly		Greek tourist island		Couple		Citrus hybrid		Carp-like fish
				Bets, stakes						
Rub painfully		At a ship's rear		Termination		Face protector		Hand over		Metal corrosion
					Cassock wearer					
Rug	Organisms studied by mycologists						Flightless bird			
			Contend by grappling		Clippings		Uses a keyboard	Originally called		
Aquarian's month	Slowly develop	Garbage can		Efficacious						
								Proclamation		Black and white bear
Jockey, jostle				Sub-standard		Sneak a glance				
									Revolver, for instance	
Schemed		Measure of weight				Emblem				
Large drains		Ships' diaries					Stuff chewed by a cow			
						Italian volcano				

WORDSEARCH

SUDOKU

5	4	1	2	6	3
6	3	2	4	5	1
4	1	5	6	3	2
3	2	6	1	4	5
2	5	4	3	1	6
1	6	3	5	2	4

CLUES & ARROWS

S	E	W	E	R	S			E	T	N	A
V	L	O	G	S				C	U	D	
L	T	O	N	S	I	G	N				
C	O	N	S	P	I	R	E	D		A	
V	I	E		R			P	E	E	P	
F	E	B	R	U	A	R	Y		E		
			W		P	O	T	E	N	T	
M	A	T		D		S		D		S	
			F	U	N	G	I	E	M	U	
C	H	A	F	E			V	I	C	A	R
S		R			O		L		E		
E	U	R	O			W	A	G	E	R	S
R	C			T		U	B				

CROSSWORD

S	O	S		S	S	S
R	E	I	R	D	E	R
H	D	I		T	L	A
S	S	E	T	N	E	S
I	C	E		H	T	
N	D	E	D	O		C
						R
						O
S	H					F
						U
						R
						N
						I
						T
						H
						S
						M
						T
						R
						O
						K
						E
						D
						S
						T
						H
						S
						M
						T
						H
						S
						M
						T
						H
						S
						M
						T
						H
						S
						M
						T
						H
						S
						M
						T
						H
						S
						M
						T
						H
						S
						M
						T
						H
						S
						M
						T
						H
						S
						M
						T
						H
						S
						M
						T
						H
						S
						M
						T
						H
						S
						M
						T
						H
						S
						M
						T
						H
						S
						M
						T
						H
						S
						M
						T
						H
						S
						M
						T
						H
						S
						M
						T
						H
						S
						M
						T
						H
						S
						M
						T
						H
						S
						M
						T
						H
						S
						M
						T
						H
						S
						M
						T
						H
						S
						M
						T
						H
						S
						M
						T
						H
						S
						M
						T
						H
						S
						M
						T
						H
						S
						M
						T
						H
						S
						M
						T
						H
						S
						M
						T
						H
						S
						M
						T
						H
						S
						M
						T
						H
						S
						M
						T
						H
						S
						M
						T
						H
						S
						M
						T
						H
						S
						M
						T
						H
						S
						M
						T
						H
						S
						M
						T
						H
						S
						M
						T
						H
						S
						M
						T
						H
						S
						M
						T
						H
						S
						M
						T
						H
						S
						M
						T
						H
						S
						M
						T
						H
						S
						M
						T
						H
						S
						M
						T
						H
						S
						M
						T
						H
						S
						M
						T
						H
						S
						M
						T
						H
						S
						M
						T
						H
						S
						M
						T
						H
						S
						M
						T
						H
						S
						M
						T
						H
						S
						M
						T
						H
						S
						M
						T
						H
						S
						M
						T
						H
						S
						M
						T
						H
						S
						M
						T
						H
						S
						M
						T
						H
						S
						M
						T
						H
						S
						M
						T
						H
						S
						M
						T
						H
						S
						M
						T
						H
						S
						M
						T
						H
						S
						M
						T
						H
						S
						M
						T
						H
						S
						M
						T
						H
						S
						M
						T
						H
						S
						M
						T
						H
						S
						M
						T
						H
						S
						M
						T
						H
						S
						M
						T
						H
						S
						M
						T
						H
						S
						M
						T
						H
						S
						M
						T
						H
						S
						M
						T
						H
						S
						M
						T
						H
						S
						M
						T
						H
						S
						M
						T
						H
						S
						M
						T
						H
						S
						M
						T
						H
						S
						M
						T
						H
						S
						M
						T
						H
						S
						M
						T
						H
						S
						M
						T
						H
						S
						M
						T
						H
						S
						M
						T
						H
						S
						M
						T
						H

Puzzle solutions

Quick & easy

If you really don't have much time to spare, give your brain a break with one of these.

**CAN YOU
DO THESE
IN 10 MINS
EACH?**

2	5			1	6
	2			4	
	1			3	
6	3			5	1

Sudoku

To solve the puzzle, each 2x3 box, each column and each row must contain the numbers 1 to 6.

L I B R A R I A N
E D V A B E T T A
C E E A R E A S V
T H K S A B R I I
U E E C I O E T G
R Y H M H G O R A
E E P T I L N A T
R C U S I S T E O
C A R P E N T E R

Wordsearch

The answer is the word missing from the grid.

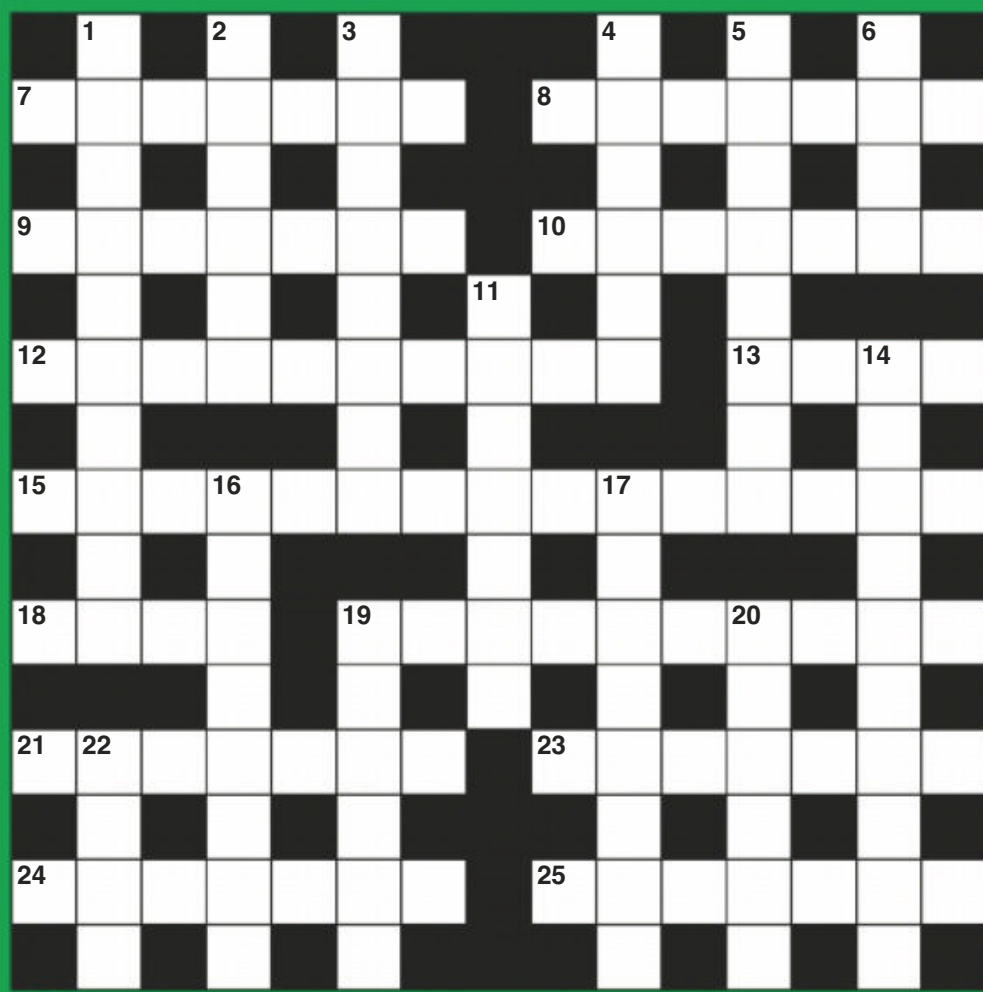
ARTIST
AUTHOR
BAKER
BARBER
CARPENTER
CHEMIST
DESIGNER
LECTURER

LIBRARIAN
NAVIGATOR
PILOT
SPY
SURGEON
TEACHER
VET

EAK

BEAT
THE
CLOCK

Puzzles Your time

DO IT
IN 30
MINS?

Crossword

Put your feet up and have a go at this classic

ACROSS

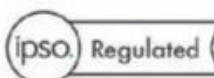
- 7 Muesli ingredient (7)
8 Put out of action (7)
9 Fondled, patted (7)
10 Slight grazing injury (7)
12 Be what's needed (3,3,4)
13 Ear part (4)
15 Pledge or Mr Sheen, eg (9,6)
18 Cut (hair) short (4)
19 Became quieter (6,4)
21 Ended a relationship (5,2)
23 Sogginess (7)
24 House erector (7)
25 Stranger (7)

DOWN

- 1 Strong beer variety (4,6)
2 Buy from abroad (6)
3 Cellar (8)
4 Lion, tiger or puma (3,3)
5 (Of lines) run side by side (8)
6 Smart ____, know-all (4)
11 Shine (like a jewel) (7)
14 Common email ending (4,6)
16 Wedding ceremony (8)
17 Goes before (8)
19 Laundry slides (6)
20 Robert ____, actor (2,4)
22 Addition sign (4)

Woman's Own, Future plc, 161 Marsh Wall, London E14 9AP. All prices are correct at time of going to press. Future plc regrets that it cannot be liable for the safe custody or return of any unsolicited material, nor can we answer any letters or return submitted material unless accompanied by an SAE. Future plc reserves the right to shorten or modify any letter or material submitted. If you submit material to us, you warrant that you own the material and/or have the necessary rights/permissions to supply the material and you automatically grant Future and its licensees a licence to publish your submission in whole or in part in any/all issues and/or editions of publications, in any format published worldwide and on associated websites, social media channels and associated products. Future plc also regrets that it cannot accept unsolicited fiction manuscripts. This periodical shall not, without the written consent of the publishers first given, be lent, resold, hired out or otherwise disposed of by way of trade at more than the recommended selling price shown on the front cover, and it shall not be lent, resold or hired out or otherwise disposed of in a mutilated condition or in any other unauthorised cover by way of trade or affixed to or as part of any publication or advertising, literary or pictorial matter whatsoever. Subscription rates: One year, 50 issues (including postage & packaging): UK £67.60; EUR €192.13; USA \$125.99; Rest of world £147.17. For enquiries and orders email help@magazinesdirect.com; alternatively, from the UK call 0330 333 1113, overseas call +44 330 333 1113 (lines open Monday-Friday, 9am-5pm UK time). Back issues: 01795 662976 (lines open 8am-6pm Mon-Thur and 8am-1pm Friday); support@mags-uk.com. Or order online at: <http://mags-uk.com>. © Future plc, 2020. Published by Future plc, 161 Marsh Wall, London E14 9AP. Cover printed by Walstead UK Limited, text printed by Walstead UK Limited. Repro by Rhapsody.

Editorial Complaints We work hard to achieve the highest standards of editorial content, and we are committed to complying with the Editors' Code of Practice (<https://www.ipso.co.uk/IPSO/cop.html>) as enforced by IPSO. If you have a complaint about our editorial content, you can email us at womansown@futurenet.com or write to us at Woman's Own, 161 Marsh Wall, London E14 9AP. Please provide details of the material you are complaining about and explain your complaint by reference to the Editors' Code. We will endeavour to acknowledge your complaint within five working days and we aim to correct substantial errors as soon as possible.



SAVE £20!
WHEN YOU BUY TWO TREES

NOW ONLY
£19.99
EACH
WHEN YOU BUY 2
FOR JUST £39.98
SAVE £20.00!

“Discover Double-Flowering Standard Lilac ‘Palibin’...

...Beautiful Blooms In Summer And Early Autumn, Highly Fragrant & Winter Hardy!”

Add height, drama and sweet perfume to your garden with this 'double flowering' compact lilac tree!

The stunning, lilac-hued blooms first arrive in May, flush through summer and reach a second crescendo of colour in September – all the while giving off an exquisite sweet fragrance too!

This compact, slow growing beauty is so easy to care for and will look great for many years to come with a minimum of fuss – perfect as a feature in a sunny border or pots on a patio. It is very hardy too – withstanding even the worst of our British weather! *Eventual height 1.5m. ITEM CODE: 510317*

- “Double-flowering” – May-Jun AND Aug-Sept!
- Beautiful, highly fragrant flowers!
- Perfect as a compact feature tree
- Totally winter hardy and very easy to grow



Standard Lilac (Syringa) ‘Palibin’
80cm-1 metre tall tree in standard form
WAS £29.99 • NOW £22.99 • SAVE £7!
BUY 2 TREES • £39.98 • SAVE £20.00!



2 EASY WAYS TO
ORDER NOW!



0844 502 0050

Call us cost 5p per min plus your network's access charge.



www.YouGarden.com/WO173

USE CODE
WO173

My DOUBLE GUARANTEE to you!

- 1 If you're not totally happy with your order, return it within 30 days and we'll replace or refund in full.
- 2 Should any hardy plants fail to thrive thereafter, we'll replace free of charge. You just pay the P&P.



Peter McDermott,
Head Gardener

Peter



If you do not wish to receive catalogues & offers from us, please tick here: ☐ We think you'll enjoy some of the latest products and selected offers by post from our trusted retailers, florists, growers, landscapers, and other companies. If you do not wish to receive these, please tick here: ☐ Full details at YouGarden.com/Privacy. © YouGarden 2020.

AD
CODE **WO173**



An ordinary couple

Norman and Cynthia may have been resigned to a quiet life, but their free-spirited neighbour has other ideas

Everyone in the village of Little Backwater agreed that Norman and Cynthia Wagstaff were nice.

'There goes Mr Wagstaff,' greengrocer Herbert Peeling always remarked when Norman passed his window on his way to the office. And, if any strangers asked what Mr Wagstaff was like, Mr Peeling would add, 'He's an accountant. Nice man, very ordinary.'

'There goes Mrs Wagstaff,' newsagent Gloria Page always remarked as Cynthia passed her window on her way to church to give the pews a once-over. She'd add, 'She's the church warden. Nice lady, very ordinary.'

Norman and Cynthia lived quiet, uneventful lives in their detached house on the edge of the village. They played bridge with the vicar and his wife every Tuesday evening and, on Saturday afternoons, they enjoyed a glass of dry sherry while watching quiz shows Norman had recorded during the week.

They had been married for many years and, if the Wagstaffs had been blessed with children, there was no doubt they would have turned out to be polite, intelligent, well-scrubbed youngsters with rosy cheeks and white teeth.



One evening, shortly after the Wagstaffs' mantelpiece clock had chimed nine, their front doorbell rang.

'Who on earth could that be at this time of night?' Cynthia asked, resting the scarf she was crocheting on her lap. Norman looked up from reading the *Financial Times*, took off his glasses and rubbed his nose. 'Probably someone wanting us to change gas supplier.'

When the doorbell rang again, he heaved a sigh. 'I'd better see who it is.' He folded the newspaper and placed it on the coffee table, padding into the hall.

'Who's there?' he asked, unhooking the safety chain.

'Hi, man. It's me – Richard.'

Cynthia appeared at Norman's side. They looked at each other, puzzled.

'Richard who?' Norman asked.

'You know – Rick from across the street.'

Norman rolled his eyes. Cynthia tutted. Rick, known to villagers as The Rocker, had lived in the street just over a year. He had blond-grey, shoulder-length hair. He always wore faded jeans and had a tattoo of a witch on his left forearm. He rarely spoke about himself, so rumours about his past were rife in the village.

He was, quite frankly, not their sort of person

Shortly after arriving in Little Backwater, he'd talked himself into a job at The Swallows pub, where, for a small fee and a pint of Guinness (or three), he entertained villagers by playing the guitar and singing hit songs from the 60s.

The Wagstaffs always said 'hello' to Rick if they saw him in the street, but they'd been careful not to become too friendly with him. He was, quite frankly, not their sort of person.

If they noticed that his blinds remained closed until well past lunchtime or suspected his battered old van didn't have an MOT certificate, they never commented on it. The Wagstaffs were not gossips.

'Let me in, it's enough to freeze... I mean, it's dead cold out here,' Rick called.

Norman glanced at Cynthia, gave a shrug and unlocked the door. As soon it opened,

Rick marched in. He had a rucksack on his back, a holdall in each hand and, tucked under one arm, a roll of something that Norman could only deduce – much to his dismay – was a sleeping bag.

'OK if I kip here for a while?' Rick asked as he carted his belongings into the lounge.

Norman trailed after him, leaving an open-mouthed Cynthia to lock and bolt the door before she flitted into the kitchen to make a cup of tea.

'I'm sorry, Richard, but we don't have a spare bedroom,' Norman puffed up his chest and adopted the professional tone he reserved for awkward business clients. 'Cynthia uses one bedroom for sewing and I use one for an office and, well, we sleep...' His voice trailed away as Rick started to unroll a grubby tartan sleeping bag onto the carpet.

'No sweat, Norm. I've brought my own bed.' He wafted a hand at the sleeping bag and grinned.

Then, noticing Cynthia nervously sipping her tea in the doorway, he added, 'Cup of tea would go down well, thanks. Two sugars.'

'But why are you here Mr, er, Richard?' Cynthia asked, her voice more high-pitched than usual.

'Got flooded out, haven't I?' Rick flopped on to the sofa and stretched out his wiry legs. 'Just got home. The water tank's burst in the attic. What a mess! Ceiling caved in. You could say I've got a water bed now,' he guffawed. 'Lucky all my stuff came from house clearances and charity shops.'



Lucky? Certainly not for them, Norman thought, gritting his teeth.

While Rick went into great detail about the state of his house and moaned about his 'joke of an insurance company' Norman practised, in his head, how he would tell Rick politely to leave first thing in the morning.

That night, Cynthia and Norman tossed and turned as they fretted about their guest. Rick, although temporarily homeless, did not fret at all. His contented snores were evidence that he slept very soundly indeed.

The following morning, when Norman and Cynthia crept downstairs for a cup of decaffeinated tea, they found Rick in the kitchen stirring a large pan of porridge.

'Morning, folks,' he said brightly, prodding the oats to a pulp with a paint-stained wooden spoon that Norman kept for decorating. 'Hope you slept well. Breakfast'll be ready in a jiff.'

Cynthia forced a smile. 'That's very kind of you, Richard. But we usually only have toast and marmalade.'

Rick's eyebrows shot up. 'No way! I brought these oats with me. A good breakfast sets you up for the day. And this...' He tapped the spoon on the side of the pan, 'is my mam's own special recipe.'

When the porridge was ready, he carried the pan to the table and divided the gluey mixture between three bowls.

'Dig in,' he ordered as Norman and Cynthia wrinkled their noses.

A few mouthfuls later, however, they had to concede that the special concoction tasted better than any porridge they had ever had.

Eventually, Norman got to his feet and set off for work in a much happier mood than usual. As he tottered along, waving a cheerful good morning to everyone, all thoughts of asking Rick to leave were forgotten.

As the days turned into weeks, Rick made himself increasingly at home with the Wagstaffs. Despite Cynthia's initial protests, he took over most of the cooking. He showed Cynthia how to use herbs she'd never even heard of and how to cook curries and stir-fries.

While wielding his spatula over Cynthia's new wok, Rick joked that he was spicing up their lives. And, after a few glasses of his mam's special homemade beer, his hosts couldn't help but nod in agreement.

For their part, the Wagstaffs introduced Rick to the delights of dry sherry and TV quiz shows and Norman taught him to play bridge so he could make up a four when the vicar's wife had one of her headaches. Rick was a man who didn't mind a bit of mess and upheaval. But, after several months, he declared his house still uninhabitable.

'Blame it on that daft mate of mine. He was the one who recommended those cowboy builders,' he told the Wagstaffs over a mug of cocoa. 'So it looks like you're stuck with me for a while...if you don't mind, that is?'

After a cautious glance, Norman and Cynthia smiled and nodded because they found they really didn't mind at all.

One evening, as Cynthia crocheted and

Norman pored over *The Times* crossword, Rick paused from strumming his guitar.

'You know, Norm, you ought to learn to play an instrument,' he said. 'They say people who are good at maths are good at music, and you must be brill at numbers in your job.'

Norman cleared his throat. 'It's funny you should say that, Richard.' He smiled wistfully. 'I did start to learn the guitar as a teenager.'

'Did you?' Cynthia gasped. 'You've never told me that.'

'My father put a stop to it,' he added. 'Said it was interfering with my studies.'

'Hey, that's cruel!' Rick passed the guitar to Norman. 'Have a go. I'll teach you.'

Norman stared at the guitar, holding it gingerly as if it would bite him. 'I can't. Really, Richard, I can't.'

'Course you can,' Rick persisted calmly. 'Go on.'

Norman sighed resignedly and, after several clumsy attempts, managed to strum a few chords.

After several more months that seemed to just fly by, Rick moved back home, and life in Little Backwater returned to normal. Well, almost...

Cynthia continued to experiment with the new recipes that Rick had taught her and, as her culinary confidence grew, she invited members of the church and then neighbours and acquaintances to come round to the house and try them out.

She became well-known in the village for putting on a good spread. Who'd have thought the quiet church warden could rustle up such delicious dishes?

Several evenings a week, Rick popped round for a curry and gave Norman guitar lessons. Eventually, he persuaded Norman to play along with him and sing at The Swallows. And villagers admitted they never thought

they'd live to see the day their local accountant would strut his stuff in public.

These days, when Norman passes the greengrocer's on his way to work, Herbert Peeling remarks, 'There goes Mr Wagstaff.' And, if there are any strangers in the shop who ask what he's like, Mr Peeling adds, 'He's an accountant...and a great guitarist.

He really is a most extraordinary man.'

And, when Cynthia passes the newsagent on her way to church, Gloria Page remarks, 'There goes Mrs Wagstaff.' Then adds, 'She's the church warden – and a fantastic cook, too. She really is a most extraordinary woman.'

And, these days, everyone in the village of Little Backwater agrees that Norman and Cynthia Wagstaff are still very nice people – but most definitely not ordinary!

THE END

Margaret Skipworth, 2020

Rumours about his past were rife in the village

‘We’re happy social media **WASN’T AROUND IN OUR DAY**’

Keith Duffy and Brian McFadden – AKA Boyzlife – on how life has changed since their 1990s boy-band days...

It’s safe to say Brian McFadden and Keith Duffy have come a long way since their Westlife and Boyzone days. Brian, 40, is father to 18-year-old Molly and 17-year-old Lilly-Sue from his previous marriage to Kerry Katona, and got engaged to PE teacher Danielle Parkinson at the end of last year.

Meanwhile, 45-year-old Keith has been married to his wife Lisa since 1998 and they have two grown-up children, Jay, 24, and Mia, 20.

As we chat to the pair – who created Boyzlife four years ago – they tell us how they keep in shape for their tours, and how they’ve paid tribute to Keith’s late bandmate Stephen Gately with their new album...

Brian, you celebrated your 40th in lockdown. How was that?

I’m the youngest of all our group of friends, and most of them are already 40 so I didn’t really feel different. We

Keith (back) with his Boyzone band members circa 1995...



...and Brian (front) with the rest of Westlife, around 2000





couldn't have any people round, so me and Dani had a private drinks thing together and a couple of Zoom parties.

Keith, your kids are grown-up. What was that like in lockdown?

It [feels like it was] only yesterday they were two or three years of age, and now I've got a grown man living in my house. When I was 24, I was married with kids and a mortgage. He's still living off me!

How do you keep in shape?

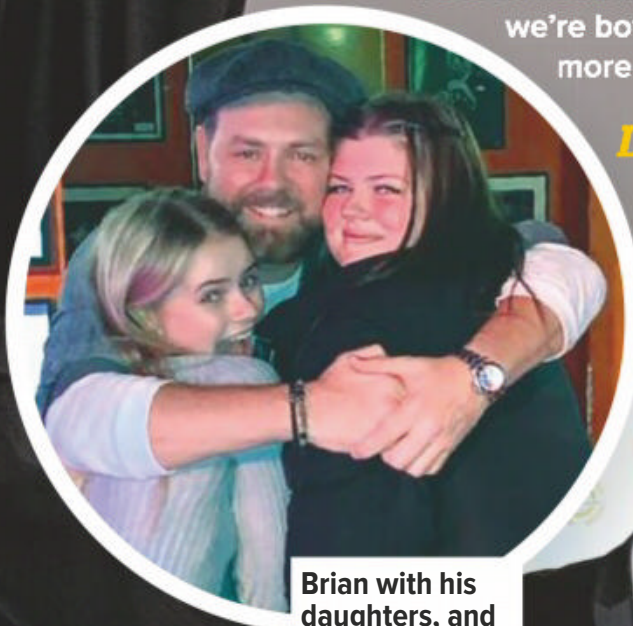
K: I tend to let myself go a little bit when we're not touring, then I go back to the gym and absolutely annihilate myself for two or three weeks. If we're on stage, I like to be very slim, as it makes me feel a lot more confident. Brian is a skinny f****r at the moment because he's doing some diet with his wife.

B: I have to eat a wholemeal wrap with chicken, and he gets to eat whatever he wants!

Do you feel pressure to look a certain way?

B: No, not really. It was obviously a lot different when we were younger and in bands that were supposed to be teen heart-throbs. But now we're both in our 40s, it's more about stamina.

Do you think it would have been different if



Brian with his daughters, and (right) with fiancée Danielle



Keith with wife Lisa and their two grown-up children

social media had been around during the boy-band days?

K: I remember talking with Tom Jones years ago, before social media, and he was saying how hard we had it because every single thing we did seemed to be in the newspaper. Now we're looking at people like Niall Horan – literally the guy takes a p**s and it's on social media two minutes later! I'm happy it wasn't around when we were at the height of our fame.

Your new album, *Strings Attached*, is a collection of nine of Boyzone's and Westlife's greatest hits, re-recorded with the Royal Philharmonic Orchestra. What do your former bandmates think of it?

K: A few of them have gone, 'Wow, you're relighting that whole sound and the whole song', so we do feel very proud that we've done justice to these [records]. They are beautiful and gave us our careers, so we needed to show them a little bit of respect.

Keith, when you sing songs like *No Matter What*, do you think of Stephen?

Absolutely. Every Boyzone song that we recorded, we actually felt his presence with us, because his voice was so iconic with those songs. And, in actual fact, Brian and I decided a long time ago that we were going to dedicate the whole album to the memory of Stephen [Gately, who died in 2009 from an undiagnosed heart condition, at the age of 33].

● Boyzlife's debut album *Strings Attached* is out now. Tickets for their UK tour are on sale now

As TOWIE star Danielle Armstrong names her daughter Orla in a nod to Strictly's Ola Jordan, we ask... *Would you name your child after a celebrity?*



No

'You may not always feel the same way'

Sophie Baron, 30, lives in

London with her partner and their daughter, Liba, three.

A name sets a child up for life, and taking inspiration from a celebrity is not a good idea. Just because you're a fan now, doesn't mean you're always going to feel the same way, and I'd always worry that I'd exposed my child to ridicule because of a silly decision I'd made when they were born.

For my partner and me, naming our daughter was something we took very seriously. We wanted her to have a place in the world, and in our family, so gave it a lot of thought. We actually had several names on the shortlist, but I wanted to wait to meet my little girl before officially choosing one.

In the end, the name I'd thought I had my heart set on just didn't suit her and we eventually settled on Liba, which means 'beloved' in Hebrew. It was my grandmother's name, rather



Sophie wanted a family connection

than the name of some flash-in-the pan celeb or reality star who might not be famous in five years.

My grandmother was such a big influence in my life, especially when I was growing up. Sadly, she's passed away now and never got to meet Liba – but this way, my daughter will always have that connection to her, and I can tell her all about her namesake.

• **Sophie is the founder of a baby-food subscription service. For information, go to mamamadefood.com or @hellomamamade**

Yes

'I'm proud of where I got my inspiration'

Fiona Daly, 40, lives in

Warwick with her three children, aged 18, 17, and five-year-old Darcy.

On a Saturday night, I love nothing more than sitting down with my girls and watching the latest episode of *Strictly Come Dancing* or *Dancing on Ice*.

When Darcey Bussell became a *Strictly* judge back in 2012, I was mesmerised by her. She was so elegant and graceful, and I was an instant fan, watching old videos of her ballet performances and picking up magazines if I saw she was featured.

When I found out I was pregnant with a little girl, I knew straightaway what I wanted to call her. 'Darcey is such a pretty name,' I told my then-partner. He agreed, and when our little girl was born in May 2015, she suited it perfectly. We



Fiona is a big Darcey Bussell fan

decided to spell it without the 'e' but my daughter is definitely named after the famous ballet dancer and I'm proud to explain to anyone where I got my inspiration. I don't see a problem with naming her after a celebrity, it's just a lovely name.

Darcy, now five, also loves ballet. She spends hours studying YouTube videos and copying the moves, dressed in her pink tutu – and, just like me and her sister, she loves watching *Strictly Come Dancing*. If she looks to Darcey as her inspiration, I'm more than fine with that.

A classy collection of more than 90 crosswords

ON SALE NOW!

OVER 90 OF THE HIGHEST-QUALITY CROSSWORDS

Woman's Weekly

Issue 8 2020 • £2.60

Crossword Choice

OVER 90 OF THE CREAM OF CROSSWORDS INCLUDING

Giant

Acrostics

Arrow Words

Codebreakers

Quick

Cryptics

PLUS NEW PUZZLES...

Line by Line

Look Both Ways

WIN
£500
SEE PAGE 15

NEVER GET STUCK! INCLUDES AN INDEX
OF ALL 2800+ CROSSWORD ANSWERS

